

BBC

**6th BIRTHDAY
GIVEAWAYS!**

Win! Brunch for 6; Maldives trip; 6 months' worth of dinners; Coffee machines and lots more!

October 2013
DHS15 | QR15

GoodFood

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MIDDLE EAST

***Celebrate
good times!***

Birthday baking special

**Pastry
passion**

Recipes from
Eric Lanlard

Nutrition

Battle breast cancer
with your diet

**Fusion Arabic
menu for Eid**

INSIDE



- ★ Halloween goodies kids will love
- ★ Molecular gastronomy demystified

**CPI
MEDIA
GROUP**

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Looking for a fun-filled family activity on Friday? Come and experience our Friday family brunch where you get to enjoy a refined brunch at the Seasons restaurant while your little ones are whisked away to the magical Kids Kingdom.

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Exciting start  wonderful week-end.



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Welcome!



There's an unmistakable sense of festivity in the air at the moment, particularly at *BBC Good Food Middle East HQ*. October is always an exciting month, as it's our anniversary issue – I can't believe it's been a whole year since we launched our revamped new-look mag, can you? – but we've also got Eid to look forward to this year, as well as Halloween, and with Diwali round the corner, it will doubtlessly be action-packed.

We've got all the celebrations covered in this issue – whether it's international recipes infused with Arabic ingredients from Dalia Dogmoch Soubra's new cookbook in *Arabic, with a twist*, p34, or contemporary Indian dishes you can cook up for Diwali early next month (*Inventive Indian*, p42), and ghoulish sweet treats for Halloween that kids can get involved in making too (*Fright bite*, p47).

But what I love the most are the six delightful cakes that six local bloggers created exclusively for our sixth birthday (see what we did there?) – the cakes look almost too good to eat, but also irresistible at the same time (if that's possible!) and I am completely in awe of these lovely ladies' baking talents. Turn to p60 to find them in our *Birthday bake-fest!* feature, and pick which one you're going to attempt first. That's not all, we also managed to get baking guru Eric Lanlard to share some of his favourite dessert recipes with us when he was in town recently, find them in *Baking with Eric* on p51.

And since we love to spoil you, our readers, the most when it's our birthday, we've also lined up some seriously cool competitions – you can win a luxury trip for two to the Maldives, snazzy coffee machines, six months' worth of gourmet dinner dates for two, brunch for six, a weekend getaway with friends, and juice diet supplements. Jealous? Us?

On a more serious note, October is also the month when everything around us seems to turn pink – for good reason. This Breast Cancer Awareness month, we look at how your diet can affect the battle against this all-too-common affliction, with expert advice on what to eat and what not to, in *Eat to beat cancer*, p86. This is a must-read for every woman.

Stay well, and here's to many more shared birthday celebrations!

Sudeshna

Editor's picks



▲ The Ronnefeldt range of teas are some of the finest I've tried, p11



◆ Lavender-infused olive oil? Mmm, yes please! p33



▲ I'll be baking The Hedonista's tea cake with lemon curd next weekend, p65





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WIN!

70 A weekend stay in Maldives, and brunch for 6 at A.O.C French Brasserie.

71 Nespresso coffee machines, and dinner dates for 6 months for 1 couple.

72 A seven-day juice package from Essentially and a weekend getaway for four at Hatta Fort Hotel.

102 Dining vouchers for UAE and Doha restaurants, plus cupcake hampers.

Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C Iron Omega-3 Calcium Folate Fibre

Indicating recipes that are good sources of useful nutrients

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

🍷 Contains alcohol



Store Directory

Contact numbers for outlets featured in this issue

@Home: 04-4340877

2XL Furniture: 04-2888071

Bloomingdale's Home: 04-3505333

Crate and Barrel: 04-3990125

Harvest Home: 04-3420225

Homes R Us: 04-4469820

Lakeland: 04-3236081

Ronnefeldt Tea: 04-3686034

The One: 04-3456687

Tavola: 04-3402933

Villeroy and Boch: 04-3399676

Note: Prices in Qatari Riyals are usually the same as UAE Dirhams.

Your say

We love to hear from you!

ALL DAY COMPANION

I am a regular reader of the magazine, but like many others, don't often take the time out to stop and let you guys know how much I love receiving my copy each month, and reading it. The balance of different recipes and articles is really enjoyable, and being a working mother, I find the simple supper ideas you carry in every issue very useful. In fact, during my lunch break in office, I often go through the magazine to decide what to cook that evening, and take it along with me to the supermarket as a shopping guide for ingredients. And then, after dinner, I like to put my feet up and read the lovely and informative articles you write, taking me to destinations around the world! I've been saving all my copies so I can refer back when I need to as well.

Reena Marsh



LITTLE HANDS MAKE COOKING FUN

My nephew and niece enjoy cooking as much as I do! I let them play with pizza and bread dough, cut their own sandwiches

into shapes and add vegetables to dishes. Over the past few weeks, they have been getting bored in the kitchen. The handy guide in the kids cooking article (*Cheflings at work!* September 2013) was very useful for those who like to get children involved in cooking, especially the guide to what kids can do at what ages. My nephew is ten while my niece is six, so the tips and tasks for each

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.

You can also connect with us on social media! Find us on:



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Or, you could write to us at:

The Editor
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PO Box 13700, Dubai, UAE.



The writer of the Star Letter wins a **Dhs1,000 shopping voucher from Crate and Barrel.** The 50-year old

American brand is known for its exquisite selection of homeware products, essential kitchen items, outdoor and indoor furniture and everything else you can ever want for your home. The collections are suitable for modern and traditional homes alike and are updated every season. There's really no better destination when it comes to cosy, chic and stylish furniture and accessories for the home. Crate and Barrel stores are located in Mall of the Emirates and Mirdiff City Centre, Dubai.



Crate&Barrel

Star Letter

THE RIGHT INFO

While going through your September issue I came across a feature on milk (*Which milk is right for you?*). Google has everything one needs to know – we all know it's the best search engine! But to find a feature which gives you all the information you need to know in one place, including the right milk for different requirements, is great! I often feel uncomfortable when I drink milk and know I

should do an intolerance test, but just haven't had time to. I decided to do an elimination test and tried almond and camel milk instead, after reading this – it has made a big difference! Thank you for doing a feature on this subject, I look forward to similar ones.

Regina dela Cruz



seem fun and age-appropriate. They made the chocolate date balls yesterday and it tasted delicious. Thank you, *BBC Good Food ME!*

Martina Paul

INTERNET IDEAS

I really enjoyed the review of the three online supermarket stores in your last issue (*3's a trend: Online stores*, September 2013) –



now we have no need to leave the house! I love *BBC Good Food Middle East*.

Harriet Goodman

PLENTY OF RECIPES

The August issue is as marvellous as all the other issues, especially the recipes. I always love trying out the new recipes in the magazine which are simple and delicious, and also the tips on how to cook in a jiffy.

Mel Mazarelo

We asked you...

Facebook poll

What is your favourite sandwich filling?

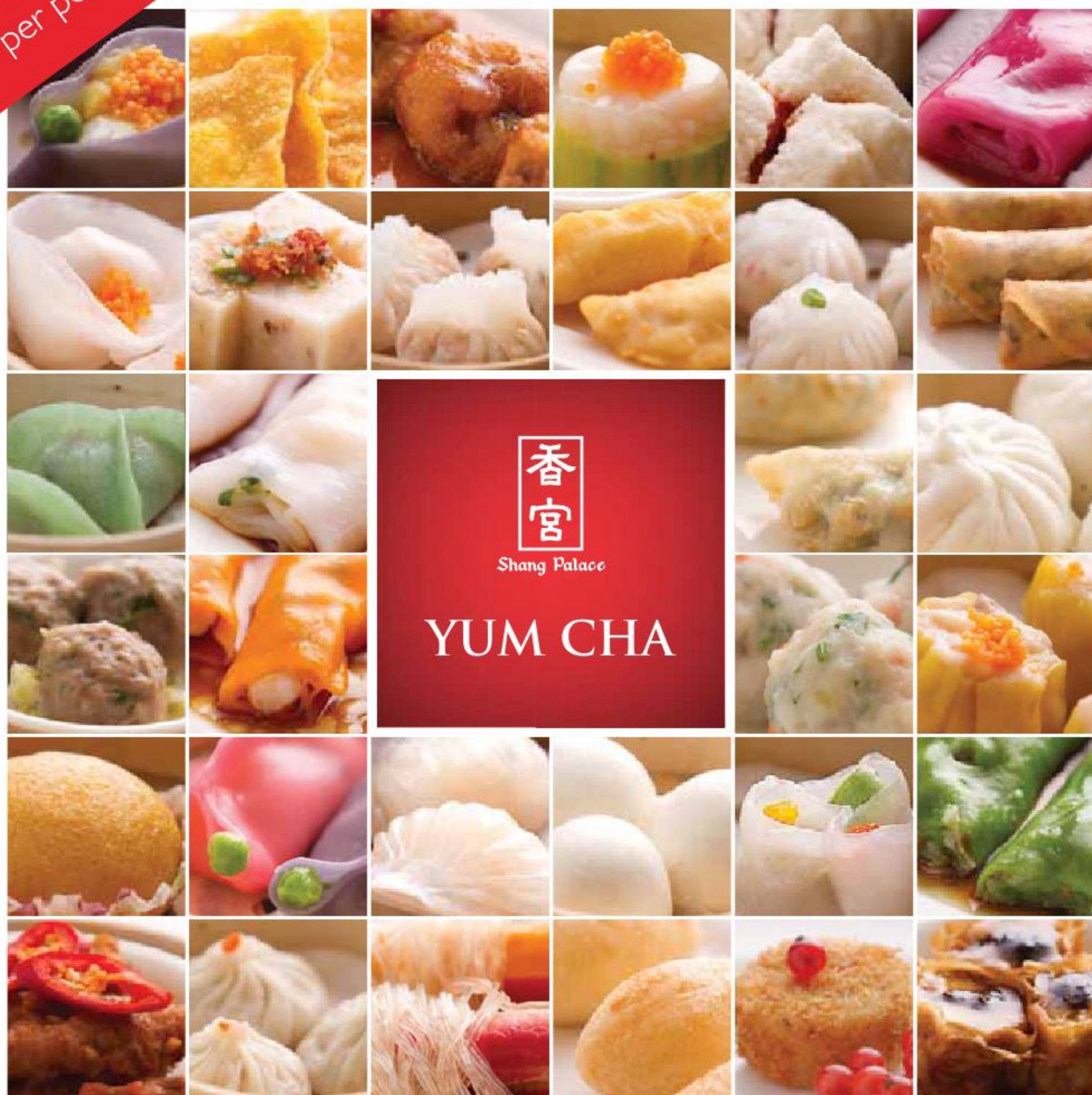
57% Chicken mayonnaise

29% Ham and cheese

14% Roast beef



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فندق شانغريلا دبي
Shangri-La hotel
DUBAI

Foodie file

What's hot and happening in the culinary world, here and around the globe.



Villa Toscana

DINE IN THE CITY

- * Pier 7 at Dubai Marina Mall seems to be the new gourmet hub, with O Cacti being the latest restaurant to open its doors to offer guests Mexican delicacies such as king scallops with Guatemala picante sauce and steamed mussels with tomato sauce. Sip on margaritas, and feast on Mexican cuisine while you salsa to tunes from the resident DJ. Call 04-4526699.
- * Want to dine like the stars? Head to Ashton Kutcher-co-owned 50's style diner at the Emaar Boulevard which offers American classics including USDA approved beef burgers, 14 oz prime rib eye steak and key lime pie – and plenty of ketchup of course! Call 04-3638595.
- * Abu Dhabi's culinary scene has been taken up a notch with the addition of Villa Toscana (shown here), an artisanal Italian restaurant at St. Regis Abu Dhabi. Unrivalled views of the corniche from the terrace and restaurant, and Tuscan specialties such as Romagna lamb, will surely keep you coming back for more. Call 02-6944444.

Gastro gathering

The Stone Food & Drink Festival in Staffordshire, to be held from October 4-6, is set to be one of the most exciting food festivals in the UK, with a host of events lined up – including free cookery demos with top chefs, a markets showcasing local produce, foodie tastings and talks, kids cookery classes, food trails around the region, and one of the biggest highlights, a gourmet pop-up restaurant. The fun continues through the week with special offers from local pubs and restaurants, so it's sure to create an infectious atmosphere of foodie fun – if you're in the area, there's no excuse for missing it! Visit Stonefooddrink.org.uk for details.



Pizza party!

Love pizza? You'll love Papa Murphy's – a concept from the US which offers Take 'N' Bake pizzas, where you can choose your crust, sauce and toppings, and bake the pizza at home so you can enjoy it piping hot and fresh, with all pizzas coming with a baking tray and instructions. We're inspired by a recent survey conducted by Shopitize, a supermarket app in the UK, which found pepperoni to be the UK's favourite pizza topping, with margherita coming a close second. So, that's next weekend sorted – pepperoni pizza it is! Now open in JLT and the Lulu Hypermarket complex in Al Barsha, call 04-3688151.

66 Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good. 99

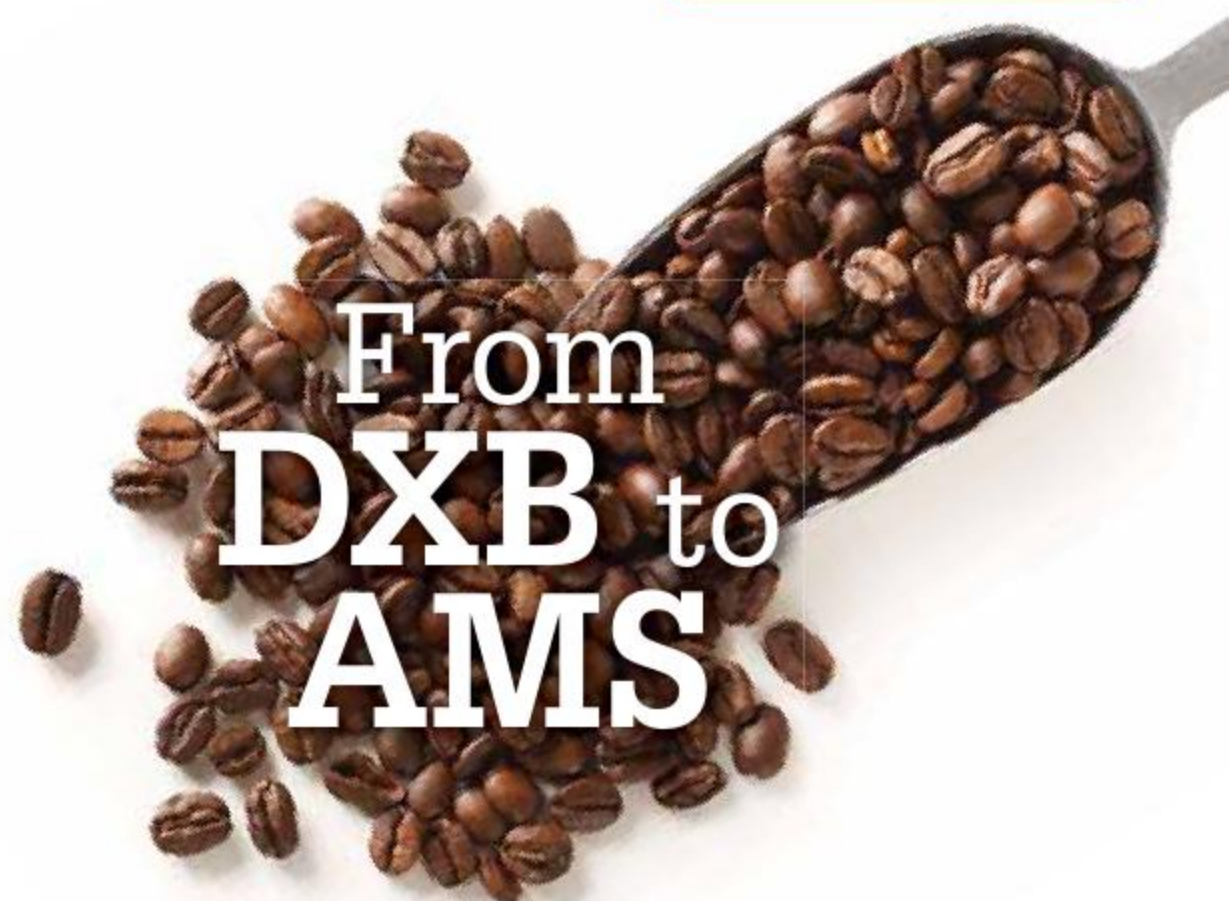
- Cookbook author Alice May Brock

What's trending

#Turkish coffee

This coffee has long been popular, but seems to be quite the talk of the town lately. The twitterati tell us the coffee is a great digestive after a heavy meal, and is loved by many for its presentation in small cups. We've also discovered a Turkish proverb on Twitter which goes, "Coffee should be black as hell, strong as death, and sweet as love."

Home



From DXB to AMS

UAE's home grown coffee brand, Coffee Planet, is going global. The brand's new range of UTZ Certified coffee blends will now be available at 340 outlets of Dutch supermarket giant, Jumbo. Now there's something to be proud of! Don't forget to taste the new blend if Holland is on your list of travels.



ANOTHER MARTA ON TV!

Move over Martha Stewart, our very own Dubai-based chef Marta Yanci has just made the A-list, with her new cooking show on Spain's leading food channel, Canal Cocina.

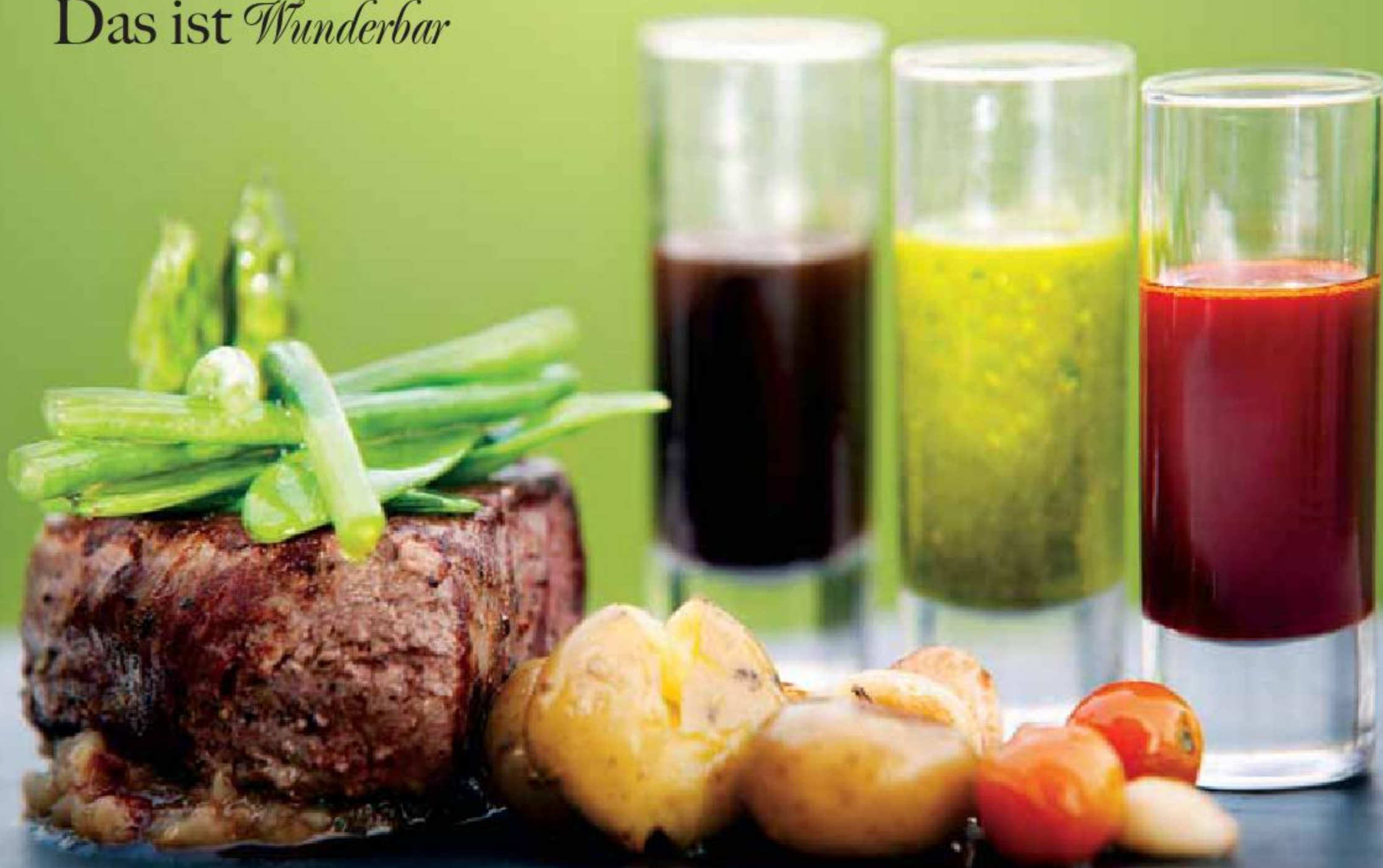
Spanish native Marta has recorded 22 episodes for the show which has previously featured Gordon Ramsay, Nigella Lawson and Heston Blumenthal. On the show, she prepares her signature dishes and gives the Spanish an insight into Emirati cuisine. Visit martaskitchen.com for highlights of the series.

This just in:

Like quirky in your kitchen? You'll love this Chef grater from Harvest Home, which has three different grating surfaces – coarse, medium and fine. The chef's feet double up as storage for the grated end-product – now there's a sentence you never thought you'd hear! Dhs125.



Das ist *Wunderbar*



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Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



Serve up stylish canapés in this porcelain and rustic acacia wood mix Three-tiered server with slate plates, from the all-new Artesano Original collection at **VILLEROY AND BOCH**, Dhs717.



Kids who come around trick-or-treating this Halloween will love spooky treats made in this Pumpkin lantern silicone baking mould. Dhs24 at **LAKELAND**.

Love cake pops? Make them at home with the Leku's cake pop kit that includes eight plastic sticks and six silicon moulds, which can be used in the oven or microwave. Dhs328 at **CITRUSSTV.COM**.



Start them young when it comes to dining etiquette. These colourful kid-sized Edison Training chopsticks which will make eating with chopsticks easier, are just the ticket. Dhs39 at **CHEZ SUSHI OUTLETS, JAPENGO** and **MUMZWORLD.COM**.



These baroque-style teal, purple and black tea and espresso cup and saucer sets with lace border details from The Dark indulgence collection at **@HOME**, is what we're coveting this season! Prices start from Dhs29 onwards.



Give your coffee table a luxurious touch with this Porcelain bowl. Dhs896 at **2XL**.



Make packed lunches prettier with this pixie-like printed Royal Garden lunchbox – large enough to neatly stack a bag of healthy snacks, fruit juice bottle and a sandwich or salad. Dhs90 at **BLOOMINGDALE'S HOME**.



Haute tea? Yes, please! Ronnefeldt's latest collection, Tea Couture, offers a selection of black and green tea blends sourced from Nepal and South Africa. Try flavours such as rooibos chocolate flavour, masala chai, or the classic royal English afternoon, and precious earl grey, which are all perfect choices for an indulgent cuppa. Dhs73 per tin, at **RONNEFELDT TEA BOUTIQUES** and from select hotels.

Bake one of the mouthwatering cakes from the Birthday Bake fest feature (p60) and display it on this gorgeous Willow cake stand. Dhs45 at **HARVEST HOME**.





Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.



Q What is the shelf life of a homemade herb-infused olive oil?

A. Cold pressed olive oils have a better flavour, and remember, it will be hard to get the flavour of the infusion if the oil is already quite strong-flavoured. The lower the acidity of the oil, the longer the shelf life. I currently have one that has 0.1 per cent acidity and it will keep for at least two years. However, it is recommended to store all oils, once opened, in the fridge for three-six months, as the oil goes rancid when exposed to oxygen.

Q Does using tap water make a difference when cooking vegetables or should we use bottled water?

A. The tap water here is desalinated and therefore does not contain as many nutrients as mineral water, but, it's safe to use. Also, it depends on how often the water tank is cleaned. Personally, I steam my vegetables in a little bottled water with an herb infusion, to give it to an aroma and flavour.

Q How do I avoid over-cooking meat?

A. There are different methods for cooking meat, each may require careful consideration. First of all, bring meat to room temperature before cooking, as this allows the meat to be cooked evenly. If you are grilling, make sure the grill is medium hot, to

prevent the meat from charring. When roasting, use a digital thermometer to test the internal temperature – it should be 76C. If you're slow-cooking meat, don't add too much liquid and keep the lid on, this makes meat moist and succulent. Also, avoid over-stirring as this will physically break down the meat.

Q Could you please tell me how to cook wild rice and suggest a recipe idea as well?

A. I usually follow the package directions which takes about 30-40 minutes to boil. I like to make a salad of wild rice, brown rice, balsamic roasted vegetables, fresh herbs, chilli and lime juice dressing with olive oil. This goes well as a side dish with fish, meat or chicken and is great on its own as well.



Andy's ingredient of the month

This month I'm going crazy over sweet potatoes. This staple of the Pacific islands is rich in Vitamin B6, C, D and contains iron, and magnesium as well. Bake sweet potatoes and eat as a jacket potato, roast it, purée it for a sauce, or add it to a vegetable curry.



Menu planner

Whip up a delicious meal with recipes from this issue

Oriental-themed birthday feast for friends



Starter
Indian-inspired flavours – Parsnip pancakes, p44



Main
A classic given a Middle Eastern makeover – Date-stuffed turkey, p35



Side
Give it a Moroccan twist – Roasted harissa veg with kale & ginger pilaf, p29



Dessert
You can't go wrong with this Saffron & rose petal cheese cake, p67

HAVE A PEASANT WEEKEND

Introducing the Bruegelian Brunch.

Inspired by the rural paintings of Pieter Bruegel, our Bruegelian Brunch is all about wholesome Belgian peasant fare. And plenty of it. Tuck into soups, salads, hoppetizers, a meat carvery, signature mains, cheese, cold cuts, waffles, pancakes, desserts and two house beverages.

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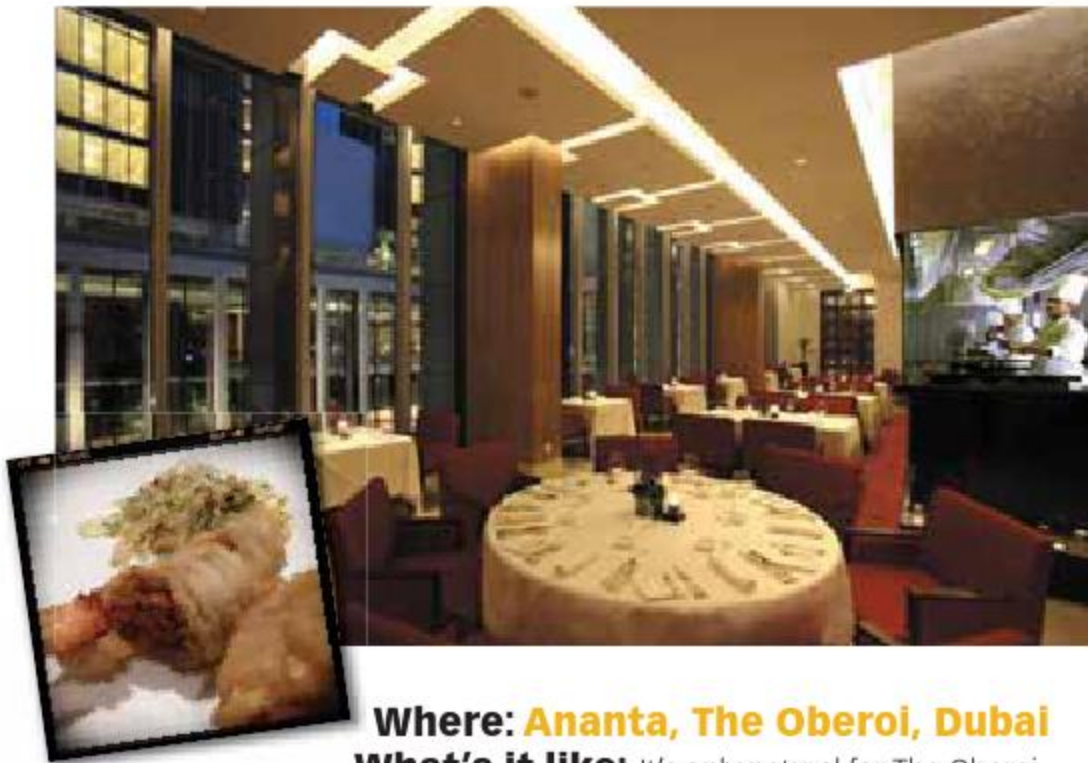
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Tried & tasted

Each month, we review two of the city's top tables.

Indian restaurants



Where: Ananta, The Oberoi, Dubai
What's it like: It's only natural for The Oberoi,

Dubai, to have an Indian restaurant – being part of an Indian chain of hotels. The word Ananta, translates to 'without end' in Sanskrit, which is exactly what a meal here offers in terms of flavour and aromas. Ananta's interiors are stylish, simple and minimalist – no intricate embellishments or heavy fabrics here – with a show kitchen in the middle, where we enjoyed watching one chef flipping rotis, while the other grilled meats. A maroon and beige colour scheme, with tall wooden pillars near the large floor-to-ceiling windows, give the space a modern, sophisticated vibe. My partner and I sat beside the window which offered views of the fountains below.

After settling down with refreshing saffron martinis, we decided to order dishes to share, for starters. Our first appetiser was a crispy fried idiyappam (rice flour hoppers) with Malabar prawns and coconut and onion relish, roasted shallots and raw papaya. We both relished these crunchy but succulent prawns, but since there were only three, we chose to also order the Kandhari murgh tikka – morsels of chicken on skewers with crushed pomegranate and chili inside. The closest thing I can compare it to is a shish tawouk, an interesting version of it. For mains, I had to try the butter chicken (Murgh makhani) which was slightly sweet – the way I like it – and lamb braised with onions, garlic and Mathania chillis smoked with cloves (Lal mas). The lamb was blanketed with spicy gravy and the meat tender, but it was a bit on the greasy side. Both curries paired well with soft butter-y naans and paratha with chilli and onions. Although I ordered my own dessert – a champagne and lychee sorbet – when I saw my partner's dessert, I couldn't resist helping myself to the coconut payasam (pudding).

Best for:
A special-
occasion
celebration

It was light, milky and a little sweet – the perfect Indian dessert! Overall, the dishes ranked high on flavour but we found the appetiser portions on the smaller side.

If you want to go: Around Dhs850 for three-course meal for two. Call 04-4409300.

- Nicola Monteath

Where: Rang Mahal by Atul Kochhar, JW Marriott Marquis Dubai

What's it like: Rang Mahal, which literally translates to Palace of Colours, is inspired by traditional North Indian architecture, and as such, boasts high ceilings, oversized pillars with traditional temple-style engravings, and a giant Rajasthani Madhubani painting across one wall. Don't expect it to be too colourful though – the back-lit walls and candles give the entire space, made up of a spacious pre-dinner lounge area and the main restaurant, a moody, orange glow. The real fireworks are played out in the food here. Michelin-starred chef Atul Kochhar has successfully showcased the diversity of Indian cuisine – something that far too many Indian restaurants fail to do – in the clever, contemporary menu.

Our eyes bigger than our bellies, we opted to share the crunchy soft shell crab with apple and fennel salad and mint aioli, Bengali-style vegetable fritters with hand-pounded tomato chutney, and the charcoal-smoked chicken tikka with black pepper for starters. Each dish was tastier than the next, but if I had to pick a favourite, it would have to be the crab – a hint of mustard here, a dash of sweetness there, it was a delicate dance of flavours in the mouth. Continuing on our over-ordering streak, our main course featured a masterfully executed version of the classic chicken tikka masala; sesame tempered asparagus – a Western ingredient given a delicious Indian makeover; and the pièce de resistance, the lobster malai curry – a creative take on a traditional cream curry, in this case, a whole gratinated crustacean with a sweet-with-a-hint-of-coconut-and-mustard sauce served on the side.

Just when we thought we really couldn't handle dessert, we managed to not just order, but do full justice to the platter of five types of kulfi, and the innovative chocolate delice with paan (betel nut leaf) flavoured ice cream – a genius combination. Perfectly balanced flavours, never once overpowered by an overkill of spiciness, and attentive yet unobtrusive service – a meal here will only leave you planning your next one. This is Indian food as it should be.

If you want to go: Around Dhs600 for three-course meal for two. Call 04-4143000.

- Sudeshna Ghosh

Best for:
Sampling a
variety of Indian
flavours



Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

★ A new brunch spot

Manava, which translates to 'welcome' in Tahitian, is the latest hotspot to open up at the all-new Sofitel Dubai The Palm Resort and Spa. Head there for a brunch buffet which includes delicacies from all six restaurants in the hotel, and try carpaccio, dim sum, slow roasted prime rib, Peking duck, oysters and grills. Kids can keep busy with crafts and games, while the adults dine, listen to live music and sip on Polynesian-themed cocktails.

Every Friday, Dhs325 per person. Call 04-4556677.



★ Weekend decadence

The Friday brunch at D Bar and Grill, McGettigan's Level 1, Dubai World Trade Centre, is back at a more convenient time – 2 to 6 pm. Free flowing drinks and an à la carte and buffet menu option are available to choose from. Don't miss the roast rib of beef, pork loin and lobster bar.

Dhs399 per person, call 04-3780808.



★ Portuguese feast

Enjoy a selection of Portuguese dishes such as Fried beef steak with light sauce served with crispy beef bacon and potato chips, or piri-piri chicken, at specialty restaurant Picante, Four Points by Sheraton Bur Dubai, and enjoy a free flow of sangria when you order food for Dhs200 or more.

From Thursday to Saturday evenings, call 04-3977444.

★ Skew it!

Thursday evenings are all about relaxing and an unlimited selection of good food. Make your way to Chef's House, Radisson Blu Hotel, Dubai Media City, to try the Running skewers night where you can relish unlimited Asian chicken, grilled shrimps malai tikka chicken and other delights prepared on skewers and cooked to your preference.

From Dhs165 per person, call 04-3669111.

★ Meat and speed!

Before you sate your appetite with All-you-can-eat hand-cut certified Angus beef, French fries and a vegetable skewer at Bennigan's, take the race car stimulator challenge and beat the bull to win a complimentary appetiser (such as crispy cheese sticks) and dessert.

Available daily for Dhs95 per person. Call 04-4517800.

★ Time for all things wintry

If you're looking for an excuse to visit The Ivy, make it the seasonal new Autumn/Winter menu that boasts a selection of hearty dishes including juicy tiger prawns with chilli jam and sweet mango salsa, and a mouthwatering twice-baked cheese soufflé for starters. Mains include a divine whole baby chicken with pumpkin fondant, wild mushrooms, lardons and thyme jus, while desserts feature ginger crème brûlée and a baked Alaska which is flambéed before being served.

Available daily, call 04-3198767.



★ Italian specialties

Urbano, the Italian Trattoria at Souk Al Bahar has introduced new additions to the menu, which includes baked Portobello mushroom filled with crispy beef bacon and smoked mozzarella, and roasted pumpkin stuffed with cherry tomatoes, pine nuts, basil and mozzarella for appetisers. A classic Margherita, Diavola or Bresaola pizza can be shared for mains, before tucking into a traditional Sicilian cassata for dessert.

Call 04-4355777.

★ Bavarian festivities

Oktoberfest is back, so get ready for three days full of German beverages, food and entertainment, in the garden area of Le Meridien Abu Dhabi. Feast on homemade sausages, pretzels, sauerkraut and potato salad, and wash it down with German hops. From October 23-25, Dhs125 per person, call 02-6446666.



★ Budget bites

The daily lunch buffet at Fountain Restaurant and café, Al Bustan Centre and Residences, offers a steal deal for lunch when you're in the Deira end of town. The buffet menu changes daily; expect dishes like roasted sweet pepper with tuna salad from the salad bar, chilly chicken for mains, and chocolate and banana pudding for dessert. Dhs59 per person, call 04-2630000.



Jeff Galvin

★ Brothers in arms

Villa Beach Restaurant at Jumeirah Beach Hotel will turn into a pop-up outpost of the London establishment, La Chapelle – run by the Michelin-starred Galvin brothers, Chris and Jeff, who own a collection of award winning French restaurants in London and Edinburgh – when Jeff Galvin takes over its kitchens for a week. Get a chance to try the La Chapelle menu right here in Dubai which features specialties like risotto of white truffles and violet artichokes for appetisers, Tagine of Bresse pigeon with couscous and harissa sauce for mains and apricot and chocolate soufflé and dark chocolate sorbet for dessert at daily set menu dinners. The duo will also be hosting cooking classes and special tasting menu events. From October 24-30, prices vary for different events, call 04-4068999.

★ Room for more!

The Noodle House have added over forty new dishes to their menu. Taste Singaporean, Indonesian and Malaysian flavours in dishes such as fried hokkien mee or Singapore vermicelli noodles from the wok fried noodle section; baked roti canai, a flatbread from Malaysia; and lychee sorbet, and lime and ginger cheesecake for dessert.

Available daily, call 04-3198757.

★ Seafood fest

Lobster lovers will enjoy the Claws dining promotion at Fairways, The Westin Abu Dhabi Resort and Spa, which offers a sumptuous feast of an array of seafood including Omani, Atlantic and Cegali lobster prepared in 25 unique ways; fresh French oysters; surf and turf; sushi and even Goan lobster curry. Choose from over 240 dishes at the widespread buffet and try exotic ice cream flavours, chocolate fondant and pistachio ice cream for dessert.

Wednesday evenings from Dhs199 per person, call 02-6169999.



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The Doha diaries

Our Doha-based columnist has his finger on the pulse of the city's foodie scene.

The latest food news and happenings in the city.

Birthday fun!

With this being *BBC Good Food Middle East's* sixth birthday edition, it made me start thinking about special occasion celebrations in our fine city. While there's no lack of high-end restaurants in Doha, if you're in the market for something different, then there are a couple of places you should check out.

The Italian Job at The Raddisson Blu has a sign on the door that says 'If you don't have a sense of humor, then don't bother coming in', and it's not a sign to be taken lightly. What lies behind the door is some of the most camp live cabaret entertainment Doha has ever seen. All singing, all dancing waiters will serenade you all night long – whether you want them to or not. It's definitely not a posh place, so don't expect Michelin star standard food, that's not what The Italian Job's about.

Another one that stands out for its party atmosphere is Ipanema at Renaissance City Centre Doha. Offering an 'all you can eat' dining experience for QR290, the brightly coloured restaurant has a traditional 'Brazilian Churrascaria' – 15 cuts of delicious Brazilian grilled meat served on silver spears, brought to your table every few minutes by an enthusiastic team of waiters. The meat's cooked in the authentic way, in a live open pit for all to see, and the restaurant has a live band most evenings.

If you're in the mood to splash a bit of cash, then look no further than the St Regis Doha where you can rent a stunning beachside cabana, for a private, bespoke dinner. They cater for parties up to eight people, and can tailor a three-course dinner for prices starting at QR290 per head. You can rent the cabana for the whole day or just for dinner in the evening, and there are tons of add-ons to make the night really special.

Or, for something a bit different, then why not forget dinner in a restaurant, and rent a dhow and sail out into the sunset for a barbecue on a boat? Head to the corniche and at most times of the day, you'll find at least a couple of dhows parked up, eagerly awaiting customers. For an evening's sailing, prices start around QR1,000 and include an onboard BBQ, a dodgy mix of 90's music (unless you bring your own) and enough fairy lights to light up Al Shamal at night! You can also take your own beverages onboard.

Most restaurants in Doha will let you bring in your own cake for dessert, so if you want to top the evening off in style, then head to Sugar and Spice in Lagoona Mall, where you'll find some of the most delicious Red Velvet cakes I've ever tasted. Here's to memorable celebrations!

- Jonathan Parsons is co-owner and editor of Qatar's largest online restaurant guide, www.diningindoha.com.

Oktoberfest celebrations

Get a taste of authentic Bavarian cuisine at the German Garden at Doha Marriott, by indulging in lamb shank, pretzels, schnitzel and the all-time favourite, apple strudel, over dinner, while watching live performances by the 'Two Bavarians'.

From October 7 to November 8, QR139 per person. Call +97444298499.



Camel-icious

The ultimate burger can't be found until you try them all! Instead of beef, chicken, or turkey, choose a more adventurous dish like the camel burger at K Signature or Aroma restaurants, Kempinski Residences and Suites, Doha. Call +97444053325.



P for pizza and pasta!

Head to La Spiga by Paper Moon, W Doha Hotel and Residences, to try the Primi, Pizze e Vino offer on Fridays, where guests can indulge in all-you-can-eat pizza and pasta and get 20 per cent off on selected wines as well.

QR150 per person, call +97444535135.



It's all fusion

Serving up a fusion of Iranian and Oriental cuisine is Dunia, the most recent addition to Villaggio Mall. Expect a menu brimming with authentic Persian and Oriental dishes such as kebab mixed grill, meat balls in laban and kofta platter – all with a contemporary twist. Call +974 44507259.



Where opposites attract

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WHERE
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BEST



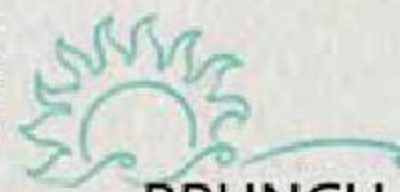
BRUNCH

ITALIAN

BICE Ristorante
Every Friday
From 1:00pm until 4:00pm
AED 395 with selected beverages
AED 295 with soft drinks
04-318 2914 | Hilton Dubai Jumeirah Resort

Pure Sky Lounge
Every Friday
From 5:30pm until 9:00pm
AED 350 with selected beverages
04-318 2914 | Hilton Dubai Jumeirah Residences

WHERE
IS THE
BEST



BRUNCH

SUNSET

Glasshouse Brasserie
Every Friday
From 5:30pm until 9:00pm
AED 295 with selected beverages
AED 199 with soft drinks
04-212 7550 | Hilton Dubai Creek

WHERE
IS THE
BEST



BRUNCH

EUROPEAN

WHERE
IS THE
BEST



BRUNCH
AMERICAN

LATIN

Pachanga Restaurant
Every Saturday
From 1:00pm until 5:00pm
AED 350 with selected beverages
04-318 2914 | Hilton Dubai Jumeirah Resort

Crave Restaurant
Every Saturday
From 12:30pm until 3:30pm
AED 90 per adult
AED 45 per child
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Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

IN THIS SECTION



* Try international recipes with a hint of Arabia this Eid, P34



* Contemporary Indian dishes for Diwali, P42



* Homemade treats for Halloween, P47

Mini red velvet cakes with white chocolate frosting, recipe p52

Make it tonight

This month we give five favourite family meals an exciting new twist. They're great value, too. Recipes SARA BUENFELD Photographs SAM STOWELL

Love
meatballs?
Try...

Cajun meatballs

SERVES 4 • PREP 15 MINS • COOK 35

MINS **Easy** **Low cal** **Low fat** **Folate** **Vit C**

2 of 5-a-day **Good for you**

2 tbsp each butter and plain flour
1 onion, finely chopped
1 green pepper, deseeded and finely chopped
2 celery sticks, finely chopped
2 garlic cloves, chopped

1 bay leaf
400g can plum tomatoes
1 chicken stock cube
Dash of Tabasco or hot pepper sauce
4 spring onions, finely sliced
Handful of coriander, roughly chopped
Rice or mash, to serve
FOR THE MEATBALLS
1 tbsp Cajun spice mix
500g pack turkey mince
1 tbsp vegetable oil

1 Put the butter in a pan over a low heat. Stir in the flour and cook, stirring all the time to make a roux. Cook until the roux is hazelnut brown in colour – make sure that it doesn't burn. Tip in the vegetables, garlic and bay leaf, stir briefly, then pour in the tomatoes and 1½ cans of water. Crumble in the stock cube, add the hot sauce, then cover and cook for 15 mins, stirring occasionally, while you make the meatballs.

2 Work the spice and some seasoning into the turkey mince. Try not to over-handle or it will toughen. Shape into 20 meatballs.

3 Heat the oil in a large non-stick pan and quickly brown the meatballs in batches until they are nicely coloured on all sides.

4 Stir the sauce, then drop in the meatballs and cook on a low heat for 10 mins until the turkey is cooked through. Scatter over the spring onions and coriander, and serve with some rice or mash.

PER SERVING 301 kcals, protein 34g, carbs 16g, fat 11g, sat fat 5g, fibre 4g, sugar 8g, salt 1.1g

TIP As the meatballs are made with pure turkey mince, their texture is quite firm. You can make softer ones by adding 25g breadcrumbs.

Make double and freeze a batch



Lamb burgers with tzatzikiSERVES 4 ● PREP 15 MINS ● COOK 25 MINS **Easy** **Low cal** BURGERS ONLY

25g bulghar wheat

500g extra-lean lamb mince

1 tsp each ground cumin, ground coriander and smoked paprika

1 garlic clove, very finely crushed (optional)

Oil, for brushing

Large burger buns, sliced tomato and red onion, to serve

FOR THE TZATZIKI

5cm piece cucumber, deseeded and coarsely grated

200g pot thick Greek yoghurt

2 tbsp chopped mint, plus a small handful of leaves to serve

1 Tip the bulghar into a pan, cover with water and boil for 10 mins. Drain really well in a sieve, pressing out any excess water.

2 To make the tzatziki, squeeze and discard the juice from the cucumber, then mix into the yoghurt with the chopped mint and a little salt.

3 Work the bulghar into the lamb with the spices, garlic (if using) and seasoning, then shape into 4 burgers. Brush with a little oil and fry or barbecue for about 5 mins each side until cooked all the way through. Serve in the buns (toasted if you like) with the tzatziki, tomatoes, onion and a few mint leaves.

PER SERVING 340 kcals, protein

28g, carbs 7g, fat 22g, sat fat

11g, fibre none, sugar 2g,

salt 0.3g

Love
burgers?
Try...



Smart enough
for friends

Love
chicken
casserole?
Try...

Chicken MarengoSERVES 4 ● PREP 5 MINS ● COOK 55 MINS **Easy** **Low cal** 2 of 5-a-day **Good for you**

1 tbsp olive oil

300g pack cup mushrooms, halved

4 chicken legs, skin removed

500g jar garlic & herb passata

1 chicken stock cube

100g pitted Kalamata olives

Chopped parsley, to serve (optional)

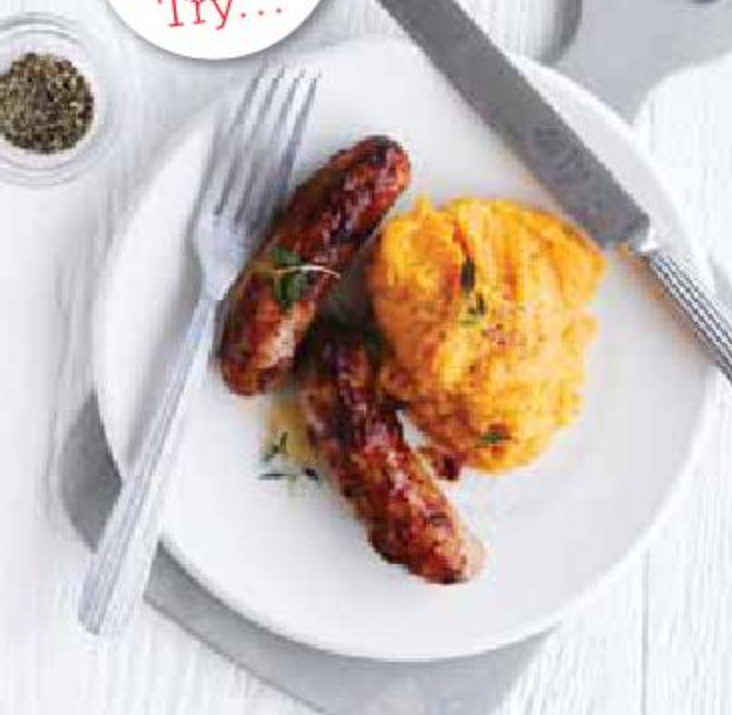
Pasta and a salad, or mash and green veg, to serve (optional)

1 Heat the oil in a large flameproof casserole dish and stir-fry the mushrooms until they start to soften. Add the chicken legs and cook briefly on each side to colour them a little.

2 Pour in the passata, crumble in the stock cube and stir in the olives. Season with black pepper – you shouldn't need salt. Cover and simmer for 40 mins until the chicken is tender. Sprinkle with parsley and serve with pasta and a salad, or mash and green veg, if you like.

PER SERVING 326 kcals, protein 33g, carbs 8g, fat 18g, sat fat 4g, fibre 4g, sugar 6g, salt 1.4g >>

Love
sausage
& mash?
Try...



Peppery sausages with sweet potato mash

SERVES 3 • PREP 15 MINS • COOK 20 MINS

Easy P Folate Fibre Vit C 1 of 5-a-day

FOR THE MASH

500g each potatoes and sweet potatoes, cut into chunks
2 tbsp olive oil or a knob of butter
Grated nutmeg, to taste (optional)

FOR THE SAUSAGES

6 large sausages
1 tsp West Indian hot pepper sauce
Juice of ½ small lime
1 tbsp soft brown sugar
2 tsp thyme leaves
2 garlic cloves, very finely chopped
1 tbsp tomato purée

Salad, or green beans or peas, to serve

1 Heat oven to 220C/200C fan. Put the potatoes in a pan of salted water and boil for about 20 mins until soft.

2 Meanwhile, tip the sausages onto a small baking sheet and bake for 10 mins. While they are cooking, mix the pepper sauce with the lime juice, sugar, thyme, garlic and tomato purée, and stir with 1 tbsp water. When the sausages have had 10-15 mins, brush over the spicy mix and bake for 10 mins more.

3 Drain the potatoes and mash with oil or butter, and nutmeg to taste, if you like. Serve with salad, or green beans or peas.

PER SERVING 662 kcals, protein 20g, carbs 76g, fat 31g, sat fat 9g, fibre 7g, sugar 19g, salt 3.3g

Baked potatoes with spicy dal

SERVES 2 • PREP 10 MINS • COOK 1

HR Easy V Low fat Folate Vit C Iron

2 of 5-a-day Good for you

2 baking potatoes

1 tbsp sunflower oil

½ tsp each cumin seeds, black mustard seeds and turmeric

1 onion, thinly sliced

3 garlic cloves, sliced

1 red chilli, deseeded and sliced

85g red lentils

1 tomato, chopped

400ml vegetable stock

210g can chickpeas, drained

Good handful of chopped coriander
Chutney or lime pickle, to serve

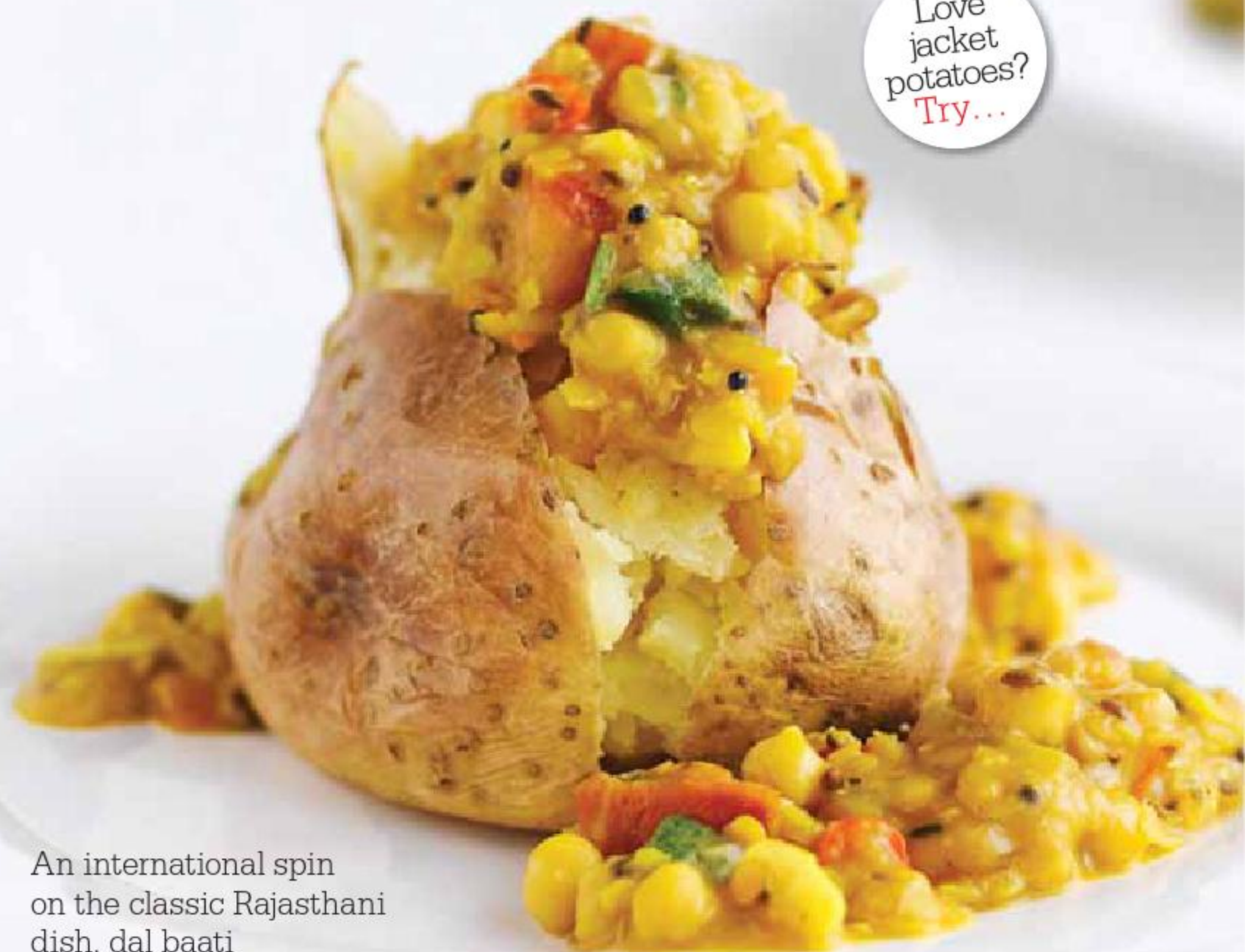
1 Heat oven to 200C/180C fan. Put the potatoes in the oven and bake for 1 hr until tender and the skin is crispy.

2 To make the dal, heat the oil in a medium pan and fry the spices to release their flavours. As soon as they start to crackle, tip in the onion, garlic and chilli, with a splash of water to stop the spices from burning. Cook for 5 mins until the onion softens.

3 Add the lentils, tomato and stock, then cover and cook for 10 mins. Tip in the chickpeas, cover and cook for 10 mins more until the lentils are tender. Season to taste, stir in the coriander and spoon onto the jacket potatoes. Serve with chutney or lime pickle.

PER SERVING 556 kcals, protein 23g, carbs 96g, fat 8g, sat fat 1g, fibre 12g, sugar 10g, salt 1.1g

Love
jacket
potatoes?
Try...



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on the classic Rajasthani
dish, dal baati

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Exciting, good-for-you suppers that will give you a nutrition BOOST. Recipes JENNIFER JOYCE
Photographs HOWARD SHOOTER

Chicken, ginger & green bean hotpot

SERVES 2 EASILY DOUBLED

● PREP 10 MINS ● COOK 25 MINS

Easy  Low cal  Low cal

½ tbsp vegetable oil
2cm piece ginger, cut into matchsticks
1 garlic clove, chopped
½ onion, thinly sliced into half moons
1 tbsp fish sauce
½ tbsp soft brown sugar
250g skinless chicken thigh fillets, trimmed of all fat and cut in half
125ml chicken stock
50g green beans, trimmed and cut into 2.5cm lengths
1 tbsp chopped coriander
Steamed rice, to serve

1 Heat the oil in a saucepan over a medium-high heat. Add the ginger, garlic and onion, and stir-fry for about 5 mins or until lightly golden. Add the fish sauce, sugar, chicken and stock. Cover and cook over a medium heat for 15 mins.

2 For the final 3 mins of cooking, add the green beans. Remove from the heat and stir through half of the coriander. Serve with steamed rice and the remaining coriander scattered over.

PER SERVING 215 kcals, protein 30g, carbs 9g, fat 7g, sat fat 1g, fibre 2g, sugar 7g, salt 2.0g >>

COOKING FOR A FAMILY?

All these recipes can easily be doubled to feed four.





Coriander potato cakes with mango chutney

SERVES 2 EASILY DOUBLED • PREP 20 MINS PLUS CHILLING • COOK 25 MINS

Easy     

250g floury potatoes, cut into chunks

1 medium egg, separated

Handful of coriander, chopped

3 spring onions, thinly sliced

Zest of ½ lemon

50g low-fat cheddar, grated

½ red chilli, deseeded and chopped

50g dried breadcrumbs, toasted

½ tbsp vegetable oil

Mango chutney and green salad, to serve

1 Cook the potatoes in salted boiling water until they start to fall apart. Drain and put back in the warm pan to dry out

for a few mins. Mash the potato, egg yolk, coriander and spring onions together. Season with sea salt and ground black pepper, and mix in the lemon zest, cheddar and chilli. Shape into 8 cakes.

2 Put the egg white in a bowl and whisk until foamy. Put the breadcrumbs on a plate. Dip the cakes in the egg white, allow the excess to drain off, then coat in the breadcrumbs, pressing to adhere well. Put on a tray lined with baking parchment, cover and chill for 15 mins or until ready to use.

3 Heat the vegetable oil in a large, heavy-based, non-stick frying pan over a medium heat. Cook the cakes in batches for 2-3 mins each side, or until golden and heated through. Serve with the chutney and salad.

PER SERVING 316 kcals, protein 17g, carbs 39g, fat 10g, sat fat 4g, fibre 3g, sugar 2g, salt 1.3g



Chipotle black bean soup with lime-pickled onions

SERVES 2 EASILY DOUBLED • PREP 10 MINS PLUS PICKLING • COOK 25 MINS

Easy      

Juice of 2 limes

2 small red onions, thinly sliced

½ tbsp olive oil

2 garlic cloves, finely chopped

½ tbsp ground cumin

½ tbsp smoked paprika

½ tbsp chipotle paste, or Tabasco to taste

400g can black beans, drained and rinsed

400ml vegetable stock

Half-fat soured cream, coriander leaves and crisp tortillas, to serve

1 To make the lime-pickled onions, combine ½ the lime juice and ½ the onions in a small bowl, and season. Leave to pickle for 30 mins.

2 Meanwhile, heat the olive oil in a saucepan over a medium-high heat. Add the garlic and remaining onions, and season. Cook for 8 mins or until the onions are translucent. Add the spices and chipotle purée, cook for 1 min, then add the beans, stock and remaining lime juice. Simmer for 15 mins, then purée in a blender.

3 Pour the soup into a clean pan to reheat. Serve with a little of the drained pickled onions, topped with a small drizzle of soured cream and some coriander, and the tortillas on the side.

PER SERVING 190 kcals, protein 9g, carbs 26g, fat 5g, sat fat 1g, fibre 10g, sugar 6g, salt 0.8g



Roasted harissa vegetables with kale & ginger pilaf

SERVES 2 EASILY DOUBLED • PREP 15 MINS • COOK 30 MINS **Easy** **V** **Low cal**

Low fat **Fibre** **Vit C** **4 of 5-a-day**

½ small butternut squash (about 350g), peeled and cut into 3cm chunks

1 red onion, quartered

1 red pepper, cut into 3cm chunks

1 tbsp harissa, or to taste

Low-fat Greek yoghurt, to serve

FOR THE PILAF

½ tbsp olive oil

½ onion, thinly sliced

1 garlic clove, chopped

2cm piece ginger, peeled and finely chopped

½ red chilli, deseeded and sliced

100g kale or other greens, chopped

100g basmati rice

225ml vegetable stock

1 Heat oven to 200C/180C fan. Put the squash, onion and pepper on a large baking tray or 2 smaller ones. Toss them with the harissa and season. Roast for 30 mins or until golden and tender.

2 Meanwhile, make the pilaf. Heat the olive oil in a saucepan over a medium heat and add the onion, garlic, ginger and chilli. Season and cook for 5 mins or until the onion is translucent. Add the kale, rice and stock. Bring to the boil, reduce the heat to low, cover with a lid and cook for 10-12 mins or until tender. Serve with the roasted vegetables and some yoghurt.

PER SERVING 371 kJ, protein 10g, carbs 68g, fat 5g, sat fat 1g, fibre 7g, sugar 19g, salt 0.5g



Greek pork patties with radish tzatziki

SERVES 2 EASILY DOUBLED • EASILY SWAPPED WITH BEEF • PREP 15 MINS • COOK 10 MINS **Easy** **P** **Low cal**

250g very lean pork mince

Handful of fresh breadcrumbs

½ small red onion, finely chopped

½ garlic clove, crushed or finely chopped

Finely grated zest of ½ lemon (use the juice in the tzatziki)

1 tbsp oregano leaves, finely chopped

1 medium egg

A little olive oil

FOR THE RADISH TZATZIKI

100g low-fat Greek yoghurt

½ tbsp chopped dill, plus extra to

serve (optional)

8 small radishes, roughly chopped

½ garlic clove, crushed

Juice of ½ lemon

1 Put the pork, breadcrumbs, onion, garlic, lemon zest, oregano and egg in a bowl and season generously. Mix together well and form into 6 patties. Chill until ready to use.

2 To make the radish tzatziki, mix all the ingredients together and season. Heat a griddle pan to high. Rub the patties with a tiny bit of oil and cook for 2-3 mins each side. Serve with the tzatziki alongside, scattered with more dill, if you like.

PER SERVING 344 kJ, protein 34g, carbs 15g, fat 17g, sat fat 6g, fibre 2g, sugar 5g, salt 0.8g **GF**

5 ways with tomatoes

This versatile fruit can be eaten for breakfast, lunch or dinner.

Recipes Cassie Best Photographs DAVID MUNNS



Rainbow tomato salad

Rainbow tomato salad

SERVES 6 AS A SIDE DISH

● PREP 10 MINS ● NO COOK

Easy Low fat Vit C 2 of 5-a-day

Slice **1kg ripe tomatoes** (of various colours, shapes and sizes, at room temperature) and arrange on a platter, then season with **sea salt** and some **pepper**. Drizzle over **2 tsp balsamic vinegar** and some **extra virgin olive oil**, and scatter over a few basil leaves.

PER SERVING 35 kcals, protein 1g, carbs 5g, fat 1g, sat fat none, fibre 2g, sugar 5g, salt 1.7g

Baked fish with tomatoes, basil & olives

SERVES 4 ● PREP 5 MINS ● COOK

35 MINS Easy Low cal Low fat

2 of 5-a-day Good for you

Heat oven to 220C/200C fan. Put **200g passata** and **500g chopped fresh tomatoes** in a large roasting tin, season, and bake for 20 mins. Stir the tomato mix and put **4 white fish fillets** on top. Season the fish well, scatter over **100g Kalamata olives** and bake for 12-15 mins until fish is just cooked. Tear over a **small bunch basil leaves** before serving.

PER SERVING 204 kcals, protein 29g, carbs 8g, fat 6g, sat fat 1g, fibre 4g, sugar 6g, salt 0.7g

Tomato, butter bean & avocado salad

SERVES 4 AS A STARTER OR 2 AS A MAIN ● PREP 10 MINS ● NO COOK

Easy Low fat Fibre 2 of 5-a-day Good for you

Drain and rinse a **420g can butter beans**. Mix with **250g halved baby plum tomatoes**, **1 chopped avocado**, **1 sliced small red onion** and a **small handful**

chopped coriander. Whisk **2 tsp honey** with the **zest and juice ½ lemon**, then pour over the salad. Season and toss.
PER SERVING (4) 178 kcals, protein 8g, carbs 19g, fat 8g, sat fat 2g, fibre 9g, sugar 7g, salt 1.1g

Squashed tomatoes & poached egg on toast

SERVES 2 ● PREP 5 MINS

● COOK 15 MINS Easy Low fat

1 of 5-a-day Good for you

Heat oven to 220C/200C fan. Put **2 vines cherry tomatoes** (about 6 tomatoes each) on a baking tray. Drizzle with **1 tsp olive oil**, season, and bake for 15 mins.

Meanwhile, poach **2 eggs** and toast **2 slices sourdough bread**. Pull the tomatoes off the vines, squash onto the toast, then top each slice with a poached egg and a **splash of red wine vinegar**.

PER SERVING 286 kcals, protein 14g, carbs 37g, fat 8g, sat fat 2g, fibre 3g, sugar 4g, salt 1.3g

Slow-roast tomato sauce

MAKES 2 X 350G JARS ● PREP 10

MINS ● COOK 1½ HRS Easy Low fat

1 of 5-a-day Good for you

Heat oven to 160C/140C fan. Halve **1kg ripe vine tomatoes** and place, cut-side up, on a large baking tray. Sprinkle with some seasoning, a pinch of **sugar**, **1 tsp dried oregano** and **2 thinly sliced garlic cloves**, then drizzle over **2 tsp olive oil**. Roast for 1½ hrs until soft.

Whizz in a food processor or blender with **2 tsp red wine vinegar**. *Will keep in the fridge for 1 week, or freeze for up to 2 months.*

PER 115g 42 kcals, protein 1g, carbs 6g, fat 2g, sat fat none, fibre 2g, sugar 5g, salt none

HEALTH BENEFITS

Tomatoes are a good source of vitamins A, B6, C and E, as well as potassium, fibre and folic acid. Ripe tomatoes contain lycopene, which can help to reduce the risk of many cancers, and protect against heart disease.

Cooking tomatoes increases the level of lycopene, and including a little oil in the recipe helps to increase its absorption into the body.

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Kitchen notes

Nutrition advice,
expert cooking tips
and product picks
for your pantry.

Energy saving tips for your fridge

Your refrigerator is perhaps one of the most used appliances in the kitchen, which is why it's important to learn how to conserve energy to cut electricity bills. Here are a few handy tips from the gadget experts at Eros group:

- 1 Keep your fridge full to increase energy efficiency. Less air is required to cool when all the space is being used inside.
- 2 Liquids should be covered and foods wrapped, to leave moisture from getting in and making the compressor work harder.
- 3 Do not set the fridge and freezer temperature to too cold. The fridge should maintain a temperature of 2.7 to 4.4C, while the freezer should be set at -15C.
- 4 Use ice cube trays instead of ice makers, which can increase a refrigerator's energy use by 14-20 per cent.
- 5 Do not store boxes on top of the fridge as this blocks heat from escaping and makes the fridge work harder to cool, thereby reducing its life span. Always keep space at the back, side and top of the fridge as well.



From Morocco, with love!



Jones the Grocer now exclusively stocks the organic Argan oil, Arganic, made from Argania spinosa – one of the oldest plant species in the world. This traditional Moroccan oil has three times the amount of Vitamin E as olive oil or avocado oil, and helps lower cholesterol, as well as protect against cancer. Its low smoking point means it's not good for frying, but it is perfect for being used as a finishing oil.

From Dhs115, available at all Jones the Grocer outlets.

Pssst... Gen up on various kinds of oil in our 'Oil's well!' feature on p84.

Look what we found!

3 great new products for your kitchen



This olive oil with lavender from Riverside Lifestyle will taste great drizzled over burrata cheese and salads. Dhs47 for 250ml bottle, at riversidelifestyle.co.uk.

We'll be carrying lunch to work in this tear-proof, leak-resistant, insulated Brown paper lunch bag. Dhs73 at Wamli.com.



A bowl of porridge made with McCanns steel cut oats is perfect for busy Sunday mornings. Dhs34 at easifood.com.



Reader tip of the month

If potatoes are beginning to sprout in a bag, simply throw in an apple to prevent sprouting.

- Lucie (@Bubblesdxb)



Got a great tip you want to share?
Get in touch with us on facebook or twitter



SMART FOOD SWAPS



Health update>

We all know water is essential for wellbeing, but did you know the type of water you choose can have a significant impact on health? Research has shown that natural water (pure alkaline spring water sourced from the earth) can help lubricate and strengthen joints; boost the immune system; support bone health; promote weight loss; and help detoxify the body, while neutralising acidity and supporting pH balance. Magnesia therapeutic water, sourced from the Karlovy Vary region in the Czech Republic is not only pure and fluoride-free, but also contains natural minerals such as calcium and magnesium, and has an ideal pH balance of 8.7. Magnesia water is available at all leading supermarkets, and is also distributed free for patients at Emirates Home nursing.

Arabian, with a twist

Cook up a contemporary Middle Eastern feast for Eid al Adha with these delectable recipes from baking goddess and cookbook author, Dalia Dogmoch Soubra.

“I treated the freekeh as if I would treat rice in this recipe.”



Dalia Dogmoch Soubra is a foodie with a culinary identity crisis that has led to delicious results. Of Syrian origin, Dalia lived in Germany, France, US and Lebanon, before moving to Dubai in 2006 to bring her Kitsch cupcakes bakery concept from Beirut here. She published her first cookbook, *Food, Love and Life* earlier this year. Here is a selection of recipes from the book, that all reflect her Arabic roots, but with an international flair.

Pomegranate & freekeh risotto

SERVES 4-6 • PREP 45 MINS

• COOK 20 MINS **Easy**

2 cups freekeh (the ancient grain)
2 tbsp olive oil, plus more for garnish
1 onion, finely chopped (1 cup)
2-3 cups vegetable stock
2 tbsp butter
¼ cup pomegranate molasses
Salt and cracked black pepper to taste
¼ cup pomegranate seeds

- 1** To clean the freekeh: inspect it to make sure that there are no small stones or other debris. Rinse thoroughly in a large bowl. Cover with warm water and soak it for 45 mins. Remove any floating grains. Drain and set aside.
- 2** Heat the olive oil in a large stockpot over a medium heat. Add the onions and cook, stirring occasionally, until translucent, for approximately 6-7 minutes.
- 3** Add the freekeh and cook, stirring, until coated with oil, then deglaze with a little stock.
- 4** Continue adding a little stock at a time, repeating the process until the freekeh is cooked, for about 15-20 mins or so.
- 5** Remove from the heat, add the butter, pomegranate molasses and season with salt and pepper. Stir well.
- 6** Drizzle with a little olive oil, sprinkle with pomegranate seeds and serve.



6 I lived in New York for a long time and so, am obsessed with the American stuffed Turkey usually served during Thanksgiving. I added my spin with the dates, which is used commonly in this part of the world. The combination of savoury and sweet are simply incredible and this is one turkey worth going to the trouble of making. 9

Date, pecan & pear stuffed turkey

SERVES 6-8 • PREP 1 HOUR

• COOK 4 HOURS **A little effort**

2 tbsp olive oil
2 onions, finely chopped (2 cups)
1 cup beef bacon, cut in cubes
1 pear, peeled and chopped
1 cup dates, deseeded and cut into chunks
⅓ cup chicken stock (or a little more to keep it moist)
1 ½ tsp dried thyme

2 bay leaves
1 cup pecans, chopped
¼ cup crème fraîche
2 tsp honey
1 loaf of country bread, cut into cubes (8-10 cups)
salt and cracked black pepper to taste
8-11 lbs whole turkey, thawed
½ lemon
4 tbsp butter

1 In a large sauté pan heat the olive oil over a medium-high heat. Add the onions and cook, stirring occasionally, until they are translucent, for approximately 6-7 minutes. Add the bacon and cook, stirring occasionally, until golden and crispy, for approximately 7 minutes. Add the pears, dates, stock, thyme and bay leaves.

2 Bring to the boil, reduce heat to low, and cook, stirring occasionally, for 10-15 minutes, or until the pears and the dates are softened, adding more stock if needed. Add the pecans, crème fraîche and honey. Remove the bay leaves. Add the bread, season with salt and pepper, combine well and set aside.
3 Preheat oven to 180C. Remove all the insides (giblets) from the turkey, rinse thoroughly with water, pat and dry inside and out. Rub the inside with salt and half a lemon. Stuff the turkey lightly with the stuffing and rub the skin all over with the butter. Season with salt and pepper.

4 Place the turkey on a rack in a roasting pan, loosely cover with aluminum foil and roast on the lowest rack in the oven for about 3-4 hours, rotating the turkey after the first 1 ½ hours and basting with any pan juices. Continue roasting the turkey, checking to make sure that it is cooking evenly, removing the foil if needed. Continue cooking until an internal temperature in the thickest part of the thigh registers 77C (170F) and the juices in the thigh run clear when stuck with a knife. The internal temperature of the stuffing should read 73C (163F).

5 Let the bird rest, covered with foil, for at least 20 minutes, before carving and serving this feast.

6 Serve with cranberry sauce and sweet potatoes. >>

Sticky date cakes

MAKES 18 MINI BUNDT CAKES OR

1 BUNDT CAKE • PREP 25 MINS

• BAKING 40 MINS **A little effort**

1 ½ cups dates, de-seeded
and chopped

1 cup flour

½ tsp baking soda

½ tsp baking powder

½ tsp salt

2 eggs, beaten

1 cup brown sugar

4 tbsp butter, melted

2 tbsp honey cup milk

FOR THE SAUCE

1 cup cooking cream

¾ cup brown sugar

1 tbsp butter

½ tsp salt

Toasted nuts for garnish (optional)

1 Preheat oven to 180C. Grease and flour
your pans if they are nonstick. Set aside.

2 In a small bowl, cover the dates with

a little hot water in a bowl and let
them soak for 10 mins. Drain, and
place them in a food processor and
process into a paste.


3 Sift the flour with baking soda,
baking powder and salt. Set aside.

4 In another bowl, combine the eggs,
brown sugar, butter and honey.

5 Fold in the date paste, then
alternate adding the flour and milk
until well combined.

6 Pour into the prepared pans and
bake for 18-20 mins for mini cakes, or
about 40 mins for regular sized cake.
When cold enough to handle, invert
onto a rack.

7 To make the sauce, bring the cooking
cream, brown sugar, butter and salt to
the boil in a small saucepan over a
medium-high heat. Reduce the heat to
low and simmer, stirring occasionally,
until thickened, approximately 15-20
mins. Set aside and let it cool.

8 Serve the cake with a generous
drizzle of sauce. 

*“The sticky date cake
for me is as Western as
it is Eastern. It's a
classic bake with a
classic Middle Eastern
ingredient. I love its
sticky gooeyness!”*



Dalia's debut cookbook
Food, Love and Life
(CPI Media Group) is a
compilation of recipes that
celebrate her eclectic, multicultural
background. Dhs155, available at
all leading bookstores.

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Relaxed recipes for the three best days of the week, from BBC MasterChef judge John Torode. Photographs STUART OVENDEN

Your
weekend
meals at
a glance

THURSDAY FISH FOR TWO

Sea bass with fennel, lemon & spices

SERVES 2 • PREP 10 MINS • COOK 15 MINS **Easy** **Low cal** **Low fat** **Vit C** **Iron**

1 of 5-a-day Good for you

This same recipe can be made with whole bream or sea bass fillets, but the fillets will need only 10 minutes.

1 tsp each fennel seeds, cumin seeds and mustard seeds

½ tsp turmeric

2 tsp olive oil

1 fennel bulb, finely sliced

1 large red chilli, chopped

1 small sea bass (about 300g), gutted and descaled

1 lemon, finely sliced, plus wedges to serve (optional)

Small handful of coriander, leaves picked, to serve

1 Heat oven to 220C/200C fan. Mix all the spices together. Brush a large square of foil with the oil, then scatter over the fennel. Sprinkle with a third of the spices, half the chilli and some seasoning. Rub the remaining spices and chilli all over the fish and in the cavity, put the fish on top of the fennel and stuff with the lemon slices.

2 Bring the edges of the foil together and scrunch well to seal. Place the parcel on a baking tray and cook for 15 mins. Unwrap, scatter with coriander and serve with lemon wedges, if you like.



PER SERVING 241 kcals, protein 32g, carbs 6g, fat 10g, sat fat 1g, fibre 4g, sugar 1g, salt 0.4g >>>



A naughty but nice treat

FRIDAY BRUNCH

French toast stuffed with banana & maple syrup

SERVES 4 • PREP 15 MINS • COOK 20 MINS  

2 large ripe bananas
1 tbsp maple syrup, plus extra to serve
2 eggs
50ml milk
50ml double cream
Drop of vanilla extract
50g caster sugar
1 tsp cinnamon
Pinch of nutmeg
1 large brioche loaf, cut into
4 x 2in slices
100g butter
Vanilla yoghurt, to serve

1 Peel and slice the bananas, mash with the maple syrup and set aside. Place the eggs, milk, cream, vanilla, sugar, cinnamon and nutmeg in a wide, shallow bowl and whisk to combine.

2 Heat oven to 160C/140C fan. Using a sharp knife, slice open each slice of brioche from the top to form a pocket, leaving at least 1cm around the edges. Stuff the pockets with the banana mix. Soak the stuffed brioche in the egg mix for 30 secs on each side.

3 In a large non-stick pan, melt half the butter. When sizzling, place the brioche in the pan and fry for 2 mins each side until golden. You may have to do this in batches. Transfer to the oven to warm through for 5 mins. Serve drizzled with extra maple syrup and a spoonful of vanilla yoghurt.

PER SERVING 570 kJ, protein 8g, carbs 54g, fat 35g, sat fat 21g, fibre 2g, sugar 36g, salt 1.1g



SATURDAY ONE-POT

Creamy chicken & wild mushrooms

SERVES 4 • PREP 20 MINS PLUS SOAKING • COOK 40 MINS

Easy **UNCOOKED**

An easy dish for friends, simply make the chicken in one dish, then serve with fried potatoes and broccoli.

25g dried ceps
50g butter, softened
Small handful of tarragon, leaves torn
4 chicken breasts, skin on
1 tbsp olive oil
150ml white wine
100g crème fraîche

1 Soak the mushrooms in 300ml hot water for 10 mins until plump. Drain, reserving the soaking liquid, and chop.

Mix with the butter and half the tarragon, then stuff under the skin of the chicken.

2 Heat oven to 200C/180C fan. Heat the oil in a large flameproof dish, add the chicken and brown on all sides. Transfer to the oven for 20 mins. Remove from the oven; the chicken should be cooked by now. Remove from dish and keep warm.

3 Return the dish to the heat, add the wine and simmer until nearly reduced. Add the reserved mushroom liquid and simmer to reduce by half. Stir in the crème fraîche and simmer for 1-2 mins more. Add the remaining tarragon and season. Return the chicken to the dish, heat through for 1 min more, then serve.

PER SERVING 474 kcals, protein 27g, carbs 5g, fat 35g, sat fat 17g, fibre none, sugar 2g, salt 0.4g



Fishy Friday!

A family dish for the weekend.

Pan-fried trout with almond purée

SERVES 4

1 shallot, finely chopped
2 knobs of unsalted butter
600ml milk
200g almonds, skinned and toasted
Splash of double cream
Couple of drops of almond oil
4 whole trout, scaled, cleaned and head removed
2 tsp olive oil
Juice of 1 lemon
Chopped flat-leaf parsley, to serve

1 Sweat the chopped shallot with half the butter and salt until transparent. Add the milk, then the almonds. Bring to the boil, reduce the heat and cook gently for 30 mins.

2 Lift out the almonds and chopped shallots with a slotted spoon, then blend with some of the cooking liquid into a fine purée. Add a splash of cream and almond oil, to taste. Return to a smaller pan, off the heat, and season.

3 Season the trout with salt and pepper. Heat the oil and remaining butter in a large non-stick ovenproof pan until foaming, then add the seasoned fish. Cook slowly for 3 mins on one side, then turn over and transfer to a preheated oven 220C/200C fan for 10 mins.

4 Remove the fish from oven, squeeze over the lemon juice and leave to rest for a few mins. Reheat the almond purée, spoon onto plates, then place the fish on top. Scatter in the parsley and serve.

MAKE THIS WITH

The La Tourangelle virgin almond oil is hand-crafted using traditional methods in France. Available at select supermarkets and markets.



Inventive Indian

Give your Diwali feast a modern touch with these vegetarian recipes from food writer Deena Kakaya.

Photographs PETER CASSIDY

Indian soup

SERVES 4-6 • PREP 15 MINS •

COOK 30 MINS **Easy** **V** **Low fat**

Superhealthy **Fibre** **4 of 5-a-day**

100g pearl barley
2 tbsp vegetable oil
½ tsp brown mustard seeds
1 tsp cumin seeds
2 green chillies, deseeded and finely chopped
1 bay leaf
2 cloves
1 small cinnamon stick
½ tsp ground turmeric
1 large onion, chopped
2 garlic cloves, finely chopped
1 parsnip, cut into chunks
200g butternut squash, cut into chunks
200g sweet potato, cut into chunks
1 tsp paprika
1 tsp ground coriander
225g red lentils
2 tomatoes, chopped
Small bunch of coriander, chopped
1 tsp grated ginger
1 tsp lemon juice

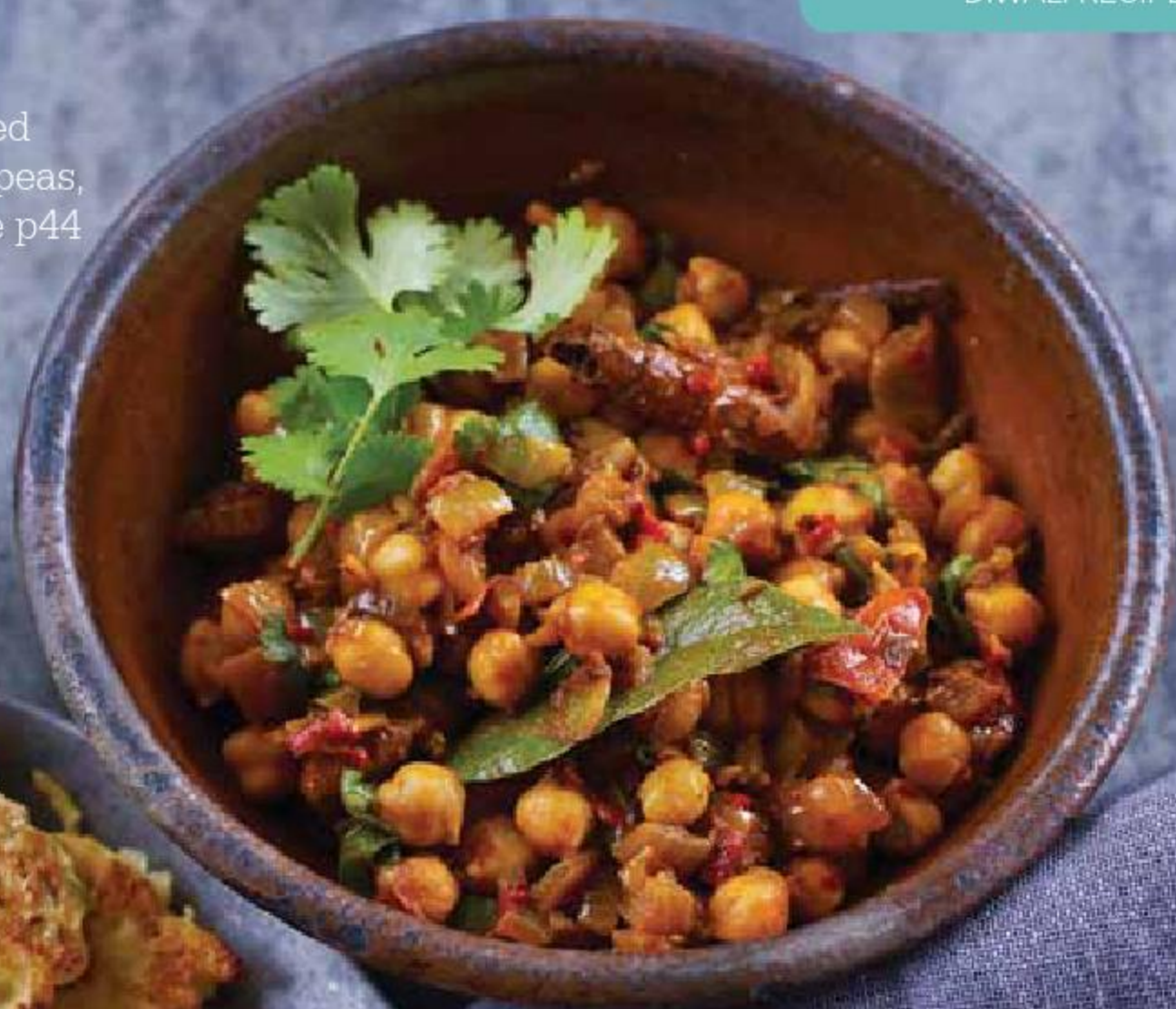
1 Rinse the pearl barley and cook following pack instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic, then cook for 5-8 mins until soft. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir again.

2 Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice.

PER SERVING 445 kcals, protein 19g, carbs 80g, fat 8g, sat fat 1g, fibre 8g, sugar 13g, salt 0.14g >>

Food styling LIZZIE HARRIS | Styling JO HARRIS | Wine notes SARAH JANE EVANS MW

Curried
chickpeas,
recipe p44



Parsnip pancakes with
honey and mustard
dressing, recipe p44



Parsnip pancakes with honey and mustard dressing

SERVES 4 • PREP 20 MINS •
COOK 20 MINS **Easy** **V**

These delicious pancakes make a great main course for entertaining, especially when served with the Curried chickpeas. Make the dressing first so the flavours can harmonise, but don't fry the pancakes until just before serving so they stay crisp.

FOR THE DRESSING

- 1 tbsp vegetable or sesame oil
- 5 curry leaves
- 1 tsp brown mustard seeds
- 1 green chilli, deseeded and finely chopped
- ½ tsp ground turmeric
- 1 tsp grated fresh ginger
- 250g Greek yoghurt, whipped
- 1 tbsp honey

FOR THE PANCAKES

- 175g parsnips, grated
- 1 tsp cumin seeds
- 2 green chillies, deseeded and finely chopped
- 1 tsp fennel seeds (optional)
- 1 tsp ground coriander
- ½ tsp ground turmeric
- 1 tsp baking powder
- 100g (chickpea) flour
- 50g semolina
- Small onion, finely chopped

- 1 tsp grated ginger
- 3-4 tbsp vegetable oil, for frying

1 To make the dressing, heat the oil in a non-stick pan and cook the curry leaves and mustard seeds for 1 min. Stir in the chilli, turmeric and ginger, then cook on a low heat for 2-3 mins. Remove from the heat and leave to cool completely. Stir the cooled spice mix into the whipped yoghurt along with the honey, then chill until you are ready to serve the meal. *Can be made a day ahead.*

2 To make the pancakes, combine all the ingredients, except the oil, with 200ml cold water and a pinch of salt. Mix until a thick batter is formed. *Can be prepared several hours in advance and chilled.*

3 About 15 mins before you want to serve the pancakes, heat a large non-stick frying pan and add 1 tbsp oil. When the oil is hot, place a few tbsp of the mixture in the pan to form a round pancake about 1-1.5cm thick. You can cook 2 or 3 at a time and keep them warm in a low oven while you make the rest. Cook for 2-3 mins until golden brown, then flip over and cook the other side until browned. You should make 8 pancakes in total. Serve the pancakes with the honey and mustard dressing and the Curried chickpeas if you like.

PER SERVING 365 kcals, protein 11g, carbs 36g, fat 20g, sat fat 5g, fibre 5g, sugar 10g, salt 0.46g

TIP Sharing traditional sweets is a common practice during Diwali, so dessert is usually taken care of with store-bought sweets that are given as gifts or brought by guests. You can find an array of sweets at all indian stores and restaurants during this time.



Curried chickpeas

SERVES 4 • PREP 15 MINS • COOK
15 MINS **Easy** **V** **Superhealthy** **1 of 5-a-day**

Serve this simple side as a part of a larger meal, or to go with the parsnip pancakes.

- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 1-2 red chillies, deseeded and chopped
- 1 clove
- 1 small stick cinnamon
- 1 bay leaf
- 1 onion, finely chopped
- ½ tsp ground turmeric
- 2 garlic cloves, finely chopped
- 400g can chickpeas, rinsed and drained
- 1 tsp paprika
- 1 tsp ground coriander
- 2 small tomatoes, chopped
- 1 tbsp chopped coriander

1 Heat the oil in a heavy-bottomed pan. Fry the cumin, chillies, clove, cinnamon and bay leaf together until the cumin starts to crackle. Tip in the onion, turmeric and a pinch of salt. Cook for 2 mins until starting to soften, then add the garlic.

2 Continue cooking 4-5 mins until the onion is soft, then add chickpeas, paprika, black pepper and ground coriander. Give everything a good stir so the chickpeas are well coated in the spices.

3 Add the tomatoes and 2 tbsp water. Cook on a medium heat until tomatoes are soft and the sauce is thick and pulpy. Take off the heat and sprinkle on the coriander.

PER SERVING 150 kcals, protein 6g, carbs 15g, fat 8g, sat fat 1g, fibre 3g, sugar 3g, salt 0.35g



New way with broccoli

Paneer with broccoli and sesame

SERVES 4 • PREP 10 MINS

• COOK 15 MINS **Easy**  

200g sprouting broccoli

1 tbsp vegetable oil

Pinch of asafoetida (see Know-how)

1 tsp cumin seeds

1 tbsp sesame seeds

1 large green chilli, finely chopped

½ tsp brown mustard seeds

6 curry leaves

1 medium onion, sliced

140g paneer cheese, cut into strips

1 tbsp grated ginger


2 garlic cloves, crushed

1 tsp lemon juice

½ tsp ground mace

1 Trim the broccoli and boil or steam for 5-6 mins until tender but firm to the bite. Drain and cool under cold running water. Heat the oil in a wok or large frying pan, then add the asafoetida, cumin seeds, sesame seeds, chilli, mustard seeds and the curry leaves. Cook for 1 min until fragrant, then add the onion and cook another 2 mins.

2 Throw in the paneer, ginger and garlic, and season. Cook on a medium heat for 4-5 mins until the paneer turns golden. Add the broccoli and mix through the paneer and spices, then add lemon juice, mace and twist of pepper.

PER SERVING 195 kcals, protein 11g, carbs 5g, fat 14g, sat fat 6g, fibre 3g, sugar 3g, salt 1.3g 

KNOW-HOW Asafoetida is a pungent powdered spice used in Indian cooking. It has a very powerful onion flavour so should always be used sparingly.

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Fright bite!

These spooky sweets will be a Halloween hit, and your little monsters will have a wizard time making them, too. Recipes CASSIE BEST Photographs PETER CASSIDY

Eerie eyeball pops

MAKES 10 • PREP 30 MINS PLUS
CHILLING • COOK 5 MINS **Easy** 

100g Madeira cake

100g Oreo cookies

100g bar milk chocolate, melted

200g bar white chocolate, melted

Few Smarties and Icing pens,
to decorate

YOU WILL ALSO NEED

10 wooden skewers

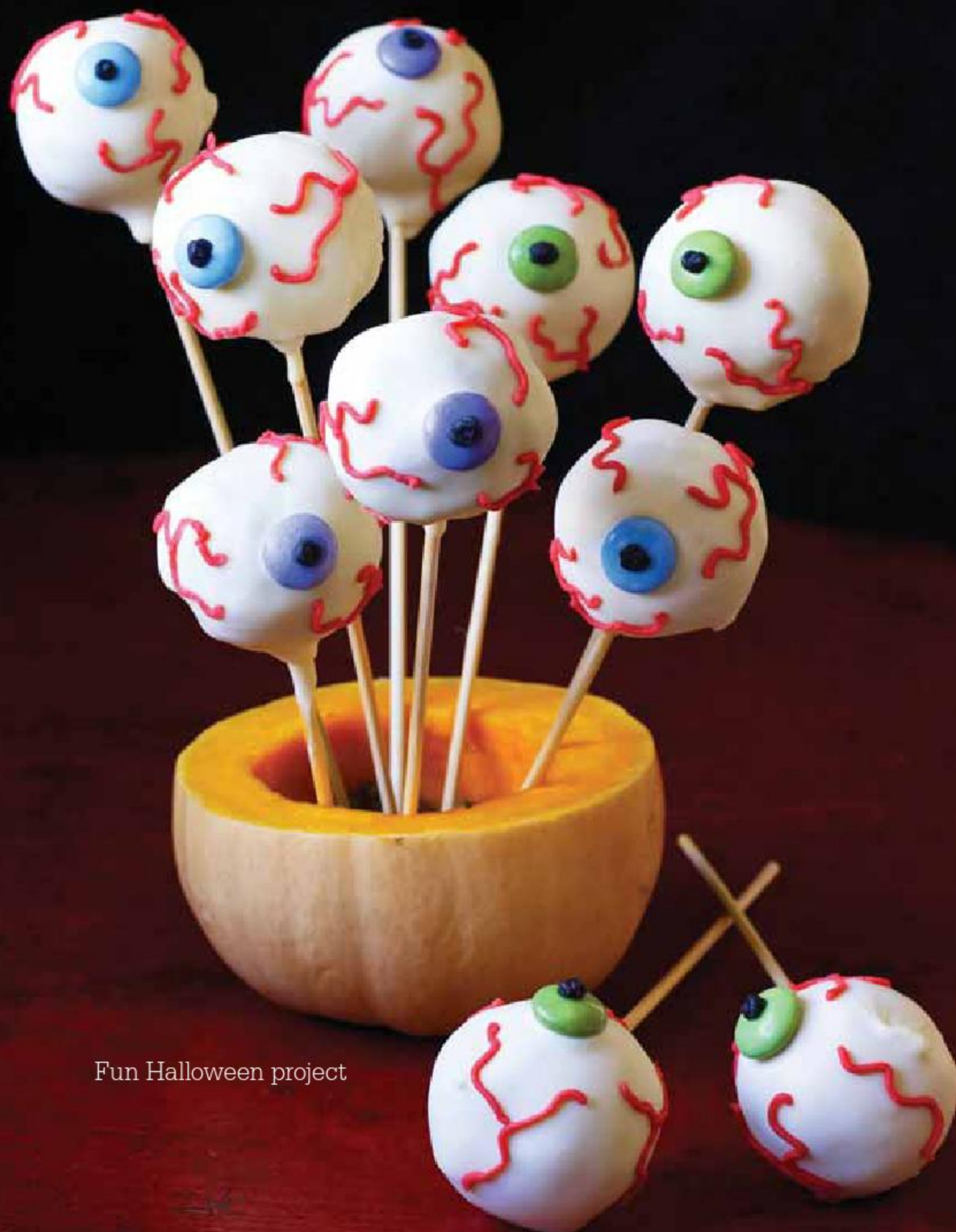
½ small pumpkin or butternut
squash, deseeded, to stand pops in

1 Break the Madeira cake and cookies into the bowl of a food processor, pour in the melted milk chocolate and whizz to combine.

2 Tip the mixture into a bowl, then use your hands to roll into about 10 walnut-sized balls. Chill for 2 hrs until really firm.

3 Push a skewer into each ball, then carefully spoon the white chocolate over the cake balls to completely cover. Stand the cake pops in the pumpkin, then press a Smartie onto the surface while wet. Chill again until the chocolate has set. Before serving, using the icing pens, add a pupil to each Smartie and wiggly red veins to the eyeballs.

PER POP 242 kcals, protein 4g, carbs 28g, fat 13g, sat fat 7g, fibre 1g, sugar 24g, salt 0.3g >>



Fun Halloween project



Catch one if you can!

Chocolate spider cookies

MAKES 14 • PREP 30 MINS

• COOK 5 MINS **Easy**

200g dark or milk chocolate, broken into chunks

113g pack liquorice Catherine wheels

2 x 154g packs Oreo cookies

White and black icing pens

1 Melt the chocolate in a heatproof bowl over a pan of barely simmering water. Once melted, turn off the heat and leave the chocolate in the bowl to keep warm while you assemble the spiders.

2 Unroll some of the liquorice wheels and cut into 2-3cm lengths to use as the Chocolate spiders' legs.

3 Splodge a small tsp of chocolate onto half of the cookies. Arrange eight liquorice legs on top, then sandwich with another cookie. Spread some more chocolate on top of the second cookie to cover, then put somewhere cool to set.

4 Use the icing pens to add eyes, by first blobbing two big dots of white icing on each, topped with two smaller dots of black icing.

PER SERVING 201 kcals, protein 2g, carbs 30g, fat 9g, sat fat 5g, fibre 1g, sugar 23g, salt 0.32g

Scary skull biscuits

MAKES 16 SANDWICHED OR 32

SINGLE BISCUITS • PREP 20 MINS PLUS CHILLING, COOLING AND DECORATING

• COOK 15 MINS PER BATCH **Easy**

200g unsalted butter, very soft

140g golden caster sugar

1 large egg yolk

1 tsp vanilla extract

300g plain flour, plus extra for rolling

About 100g raspberry jam (or use lemon curd or chocolate spread)

FOR THE ICING

140g icing sugar, sifted

Food colourings (optional)

1 Heat oven to 180C/160C fan and line 2 large baking sheets with baking parchment. Put the butter, sugar, egg yolk, vanilla and $\frac{1}{4}$ tsp salt into a large bowl and beat with a wooden spoon until smooth. Stir in the flour to make a stiff dough, then shape into 2 discs, cover with cling film and chill for 10 mins.

2 With plenty of extra flour on the work surface and rolling pin, roll a batch of dough to the thickness of about 3mm. Stamp out as many 7cm rounds as you can. In half of the rounds, stamp out 2 eye sockets with an apple corer, then use well-floured fingers to pinch the jaw shapes. Lift onto the baking sheets. Bake for 15 mins or until pale golden, then cool for 2 mins before lifting onto a wire rack.

3 Sandwich the cold biscuits together with the jam. Mix the icing sugar with 4 tsp water until smooth, divide into 3, then colour as you like. Put into piping bags, snip off the tips, then pipe spooky patterns and faces onto the skulls.

PER BISCUIT (16) 249 kcals, protein 2g, carbs 38g, fat 11g, sat fat 7g, fibre 1g, sugar 24g, salt 0.01g



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Baking with Eric

French pâtissier, celebrity chef, cookbook author and TV presenter Eric Lanlard shows us how to impress friends with delectable desserts.

Photographs ANAS CHERUR

France-born Eric Lanlard has made London his home for the last 23 years, where he set up a patisserie, 'Cakeboy', to host baking classes and offer the quintessential afternoon tea. The celebrity chef, who's recognised for the diamond stud he wears, and is known for his TV shows 'Great British Bake Off' and 'Baking Mad with Eric Lanlard', knew he wanted to be a pastry chef even before he could bake. "I had no other ambition. It was the glamour of the pastry scene, the cafes, aroma and taste of pastries that drew me to it," he says. "I remember making chocolate éclairs when I was six and they turned out to be a proper disaster – I was always a bit too ambitious!"

Eric was recently in Dubai to relaunch the Ottoman afternoon tea at the Sultan's Lounge, Jumeirah Zabeel Saray, which now features his signature Orange blossom financier – a classic tea-time cake which Eric has given a Middle Eastern touch – on the revamped menu. Watch out for his TV show which airs later this year and stay tuned for news on what Eric will be cooking up in space – he will be the first chef to go into space with Virgin Galactic! Here he shares three of his favourite recipes from his book *Chocolat* (Mitchell Beazley), exclusively with us. >>

Mini red velvet cakes with white chocolate frosting

SERVES 6 • PREP 40 MINS, PLUS COOLING TIME • COOK 40 MINS

A little effort 🍴

Butter, for greasing

225g golden caster sugar

2 eggs

275ml vegetable oil

125ml buttermilk

1 tbsp red food colouring

1 tsp vanilla extract

175g plain flour

15g cocoa powder

½ tsp baking powder

½ tsp salt

2 tsp white wine vinegar

Icing sugar, for dusting

FOR THE FROSTING

75g white chocolate, roughly chopped

175g unsalted butter, softened

375g icing sugar

2 tbsp milk

1 Preheat the oven to 180C. Grease 7x6cm diameter cooking rings (4cm deep), line with baking paper and place on a baking tray lined with baking paper.

2 In a large bowl, whisk the eggs and sugar together using an electric hand whisk, until pale. Continue whisking on low speed, adding the oil a little at a time, until it has all been incorporated. Beat in the buttermilk, food colouring and vanilla. Sift the flour, cocoa powder, baking powder and salt together, then fold in, followed by the vinegar.

3 Divide the mixture between the cake rings, filling them three-quarters full. Bake for

35 mins, or until a skewer inserted into the centres comes out clean. Leave to cool in the rings for 5 mins, then remove the cakes from the rings to a cooling rack to cool completely.

4 To make the frosting, melt the chocolate in a heatproof bowl set over a saucepan of barely simmering water, making sure the surface of the water does not touch the bowl. Leave to cool. Beat the butter and half the icing sugar together until smooth, then add the remaining icing sugar a little at a time, beating until the mixture is smooth. Add the milk and cooled chocolate and beat for a further 2 mins.

5 To assemble, slice a mini cake horizontally into 3 layers. Thinly spread a layer of frosting on to the base layer, then sandwich the middle layer on top. Spread a little more frosting on the middle layer, then add the top. Repeat with 5 of the remaining mini cakes, so that you have 6 cakes in total, leaving one spare. Spoon the remaining frosting into a piping bag fitted with a plain piping nozzle, then pipe around the edges of the cakes until completely covered. Crumble the remaining mini cake and sprinkle the crumbs over the tops of the piped cakes. Serve dusted with icing sugar.



Raspberry and chocolate tart

SERVES 6 ● PREP 25 MINS,
PLUS CHILLING AND COOLING

● COOK 25 MINS **A little effort**

175g plain flour, plus extra for dusting
50g cocoa powder

50g golden icing sugar

150g unsalted butter, cubed, plus
extra for greasing

3 egg yolks

1 tsp vanilla extract

500g whole raspberries

Icing sugar, for dusting

FOR THE GANACHE

200g dark chocolate, roughly chopped

200ml single cream

2 tsp vanilla extract

75g unsalted butter

1 Sift the flour, cocoa powder and icing sugar together into a large bowl. Add the butter and rub in using your fingertips until the mixture resembles fine breadcrumbs. Add the egg yolks and gently mix together, then add the vanilla and combine to form a smooth dough. Cover with cling film and leave to rest in the refrigerator for at least 30 mins.

2 Preheat oven to 190C. Lightly grease a 24cm diameter tart tin.

3 Roll out the pastry on a lightly floured surface and carefully line the tin with it. Cover with oven-proof cling film and prick a few holes. Fill the pastry case with baking beans and bake for 15 mins. Remove the cling film and beans and bake for a further 5 mins. Leave to cool.

4 To make the ganache, melt the chocolate in a heatproof bowl set over a saucepan of barely simmering water, making sure the surface of the water does not touch the bowl. Meanwhile, put the cream into a saucepan and heat until steaming hot. Remove the melted chocolate from the heat and slowly pour in the cream, gently stirring the mixture. Add the vanilla, then the butter, and stir.

5 Pack the cooled pastry case with the raspberries, saving a few for decoration. Pour the hot chocolate ganache over the raspberries to fill to the top of the pastry. Leave to set in the refrigerator for at least 30 mins. Serve decorated with the reserved raspberries dusted with a little icing sugar. >>





Salted butter caramel cake

SERVES 8-10 • PREP 35MINS,
PLUS CHILLING AND COOLING

• COOK 45MINS **More of a challenge**

200g dark chocolate, roughly chopped
100g unsalted butter, plus extra for greasing

150ml milk

4 eggs, separated

125g golden caster sugar

100g plain flour

Pinch of sea salt crystals, to decorate

Caramel, for drizzling (optional)

FOR THE CARAMEL BISCUIT

225g digestive biscuits

300g golden caster sugar

2 tbsp water

100ml single cream

100g salted butter, plus extra for greasing

2 pinches of sea salt

FOR THE CHOCOLATE GLAZE

200g dark chocolate, chopped

200ml single cream

1 Grease 2x22cm (8 ½ in) diameter sandwich cake tins and line the bases with baking paper.

2 Put the digestive biscuits into a food processor and whizz to fine crumbs. Put the sugar and water into a heavy-based

saucepan and dissolve over a low heat. Increase the heat and cook until it forms an amber caramel. Remove from the heat and carefully stir in the cream, followed by the salt. Stir the biscuit crumbs into the caramel, then divide equally between the prepared tins and press down with the back of a spoon. Place in the freezer to set.

3 To make the sponge, preheat the oven to 180C. Grease a deep 22cm diameter loose-bottomed cake tin and line with baking paper.

4 Melt the chocolate, butter and milk together in a heatproof bowl set over a saucepan of barely simmering water, making sure the surface of the water does not touch the bowl.

5 In a large bowl, whisk the egg yolks and sugar together, using an electric hand whisk until pale and fluffy. Stir in the chocolate mixture, then fold in the flour. In a clean, dry bowl, whisk the egg whites to soft peaks, then gently fold into the chocolate mixture.

6 Remove the caramel biscuit discs from the freezer and take them out of the tins, discarding the lining paper. Place one of the discs on the bottom of the prepared loose-bottomed cake tin and spread with half of the cake mixture. Lay the other biscuit disc on top and cover with the

remaining cake mixture.

7 Bake for 25-30mins until the cake is just cooked – it should be almost undercooked for extra gooeyness. Leave to cool in the tin for 10 mins, then turn out on a cooling rack to cool completely.

8 To make the glaze, put the chocolate into a heatproof bowl. Put the cream into a saucepan and heat to a simmering point, then pour one-quarter over the chocolate. Leave for 1 min until the chocolate starts to melt, then gently stir in the rest of the cream until smooth and glossy.

9 Cover the cooled cake with the chocolate glaze and use a palette knife to spread evenly over the top and down the side. Lightly sprinkle sea salt crystals on top of the cake, then chill in the refrigerator until set. Drizzle caramel on top of the slices if you like. 🍰

ERIC'S TOP BAKING TIPS

- Start with a very clean surface, especially when icing, as any dirt will show up on white icing.
- Lay out all your tools and equipment on a small tray next to you, like a surgeon.
- Always allow royal icing or painted details to dry thoroughly before adding the finishing touches such as pearl lustre or gold and silver decorating paint.
- When doing an elaborate icing design that will take more than a few days to complete, use a fruit cake because a sponge cake will go stale after a day.
- When making a wedding cake or a tiered cake for a special occasion, mix up the tiers. Use chocolate, lemon or carrot cake instead of fruit cake for every tier – it's much more interesting that way.
- Follow the recipe step by step. Do not try and improvise – baking is a science. Don't give up if it doesn't work out the first time, keep trying. Practice and experience is the secret to success. Of course it helps if you are naturally artistic!

THE OTTOMAN AFTERNOON TEA

The Sultan's Lounge at Jumeirah Zabeel Saray is the perfect setting for an opulent Middle Eastern-style afternoon tea with Turkish coffee, date scones with lemon and rose petal jam and cinnamon cream, filo pastry tarts, sumac spiced coronation chicken on onion bread, mini Turkish ice cream waffle cones, pistachio olive oil cake and of course, Eric Lanlard's orange blossom financier, a sugary cake with rose cream, dried petals, Persian candy floss and gold flakes. From Dhs155 per person, call 04-4530444.

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Learn to: Roll a roulade

Many a professional chef has stumbled over this rolled up cake, but with our step-by-step guide, you will master it in no time.

Recipe CASSIE BEST

Photographs PETER CASSIDY

Peach Melba roulade

A little effort

CUTS INTO 10 SLICES • PREP 35 MINS
PLUS COOLING • COOK 15 MINS

50g butter, melted, then cooled, plus
extra for the tin

6 large eggs

175g golden caster sugar, plus 3 tbsp
for dusting

120g self-raising flour

FOR THE FILLING

1 tsp vanilla extract

420g can peaches in syrup, drained
(reserve the syrup) and roughly
chopped

200ml double cream

75g raspberry coulis

150g pack raspberries

1 Heat oven to 200C/180C fan. Butter
and line a 25 x 35cm Swiss roll tin with
baking parchment. In a large bowl,

whisk the eggs and sugar using an
electric hand mixer until light in colour
and fluffy – this will take about 5 mins.

2 Sift the flour into the bowl. Using a
large metal spoon, gently fold it into the
eggs. Pour in the butter and quickly fold
to combine. Be careful not to overmix,
as this will knock all the air out of the
whisked eggs. Pour the mixture into the
lined tin and smooth out to the edges
with your spoon. Bake for 12-15 mins
until cooked through and springy.

3 Lay a sheet of baking parchment,
larger than your sponge, on your work
surface and dust with the remaining
sugar. Flip the sponge onto the sugary
surface and carefully peel off the
parchment lining the base of the
sponge. Use the sheet underneath
to help you tightly roll up your
roulade (see steps, right).
Leave to cool.

4 To make the filling, add the vanilla
and 3 tbsp of the peach syrup to the
cream and whisk with electric beaters
until it forms soft peaks. Fold in half of
the chopped peaches and ripple in half
the coulis.

5 Unroll the roulade, remove the
baking parchment and spread with the
peachy cream. Scatter the raspberries
and the remaining peaches over the
top. Drizzle with the remaining coulis
and tightly re-roll the roulade. Transfer
to a serving plate or board and serve
straight away.

PER SLICE 345 kcals, protein 6g, carbs 39g,
fat 18g, sat fat 10g, fibre 2g, sugar 31g, salt 0.3g





1 While your sponge is cooking, lay a sheet of baking parchment, a little larger than the sponge, on your work surface. Sprinkle liberally with caster sugar.



2 When the sponge is cooked, remove from the oven straight away and, in one fast and direct movement, flip it out of the tin onto the sugary surface.



3 Starting from one corner, carefully peel off the baking parchment lining the sponge. The cake will be very delicate, so take care not to pull too much sponge away with the paper.



4 Lightly score the sponge along one of the long sides, about 2.5cm from the edge, making sure you don't go all the way through. This will help when you come to roll it up. If you want a shorter, fatter roll, score along one of the short sides.



5 Starting from the scored edge, roll up the sponge, keeping the parchment sandwiched against the cake. Use the baking parchment to help you get a tight roll.



6 Twist the ends of the parchment like a sweet wrapper to secure the roll. Leave to cool completely before unrolling, filling and re-rolling again. [GF](#)

The London Dairy dessert series

#10 Pearl-icious!

Brendan McGowan, executive chef at The St. Regis Doha, creates a Middle Eastern-flavoured dessert to showcase Doha's landmark Pearl Qatar, using Pistachio crusted ice cream.

Pistachio crusted ice cream pearl

MAKES 1 SERVING

45g London Dairy pistachio ice cream
10g pistachio, peeled, roasted and chopped
1 ripe fresh apricot

FOR THE PEARL SHELL

40g knefeh, shredded phyllo dough
5g good quality ghee
8g icing sugar

FOR THE ARABIC COFFEE CREAM

1 cup (10ml) of Arabic coffee
20g Nutella or chocolate hazelnut spread
15g fresh cream

1 Make an ice cream scoop and freeze. Once completely frozen, roll the ice cream pearl through the chopped pistachios to get a crust, and place it back in the freezer.

2 Turn two small bowls upside down to use as a mould for the pearl shell. Using a pastry brush, cover the bowls with ghee and arrange the knefeh dough on it to cover the whole bowl. Bake at 200C until the dough gets golden brown. Set aside to cool. When cooled, slowly take off the knefeh, making sure the shape is intact.

3 Keep aside 2 tbsp of chocolate hazelnut spread and fold the rest into the Arabic coffee and allow it to infuse. Whip the fresh cream, fold into the coffee mixture, then refrigerate.

4 Carefully score the apricot with a sharp knife, twist and remove stone. Dust with icing sugar and place flesh down into a dry hot pan to caramelize until golden brown. Refrigerate.

5 To serve, make a thick chocolate line across the plate, using a pastry brush. Place one half of the knefeh shell on the plate, the coffee cream in it, the frozen, crusted scoop on top and the other half of the shell on the side. Serve with char grilled apricots on the side and a dusting of icing sugar all over.

Next month,
look out for the recipe with
Crispy chocolate espresso



MEET THE CHEF

Irish native Brendan McGowan received his culinary training in Dublin, before beginning his journey with a leading hotel in Westbury Hotel Dublin. Brendan has travelled around the world, expanding his culinary repertoire in San Francisco, Dubai, Istanbul, Amman, London, Riyadh and Kuwait. He joined The St. Regis Doha in 2012, and now looks after the operations of all the restaurants, where he likes to add a regional twist to traditional cuisine.

CHEF'S TIP:

"As soon as you take the knefeh out of the oven – grate some chocolate over the top while it is hot, to add an extra sticky chocolate element to the dish."

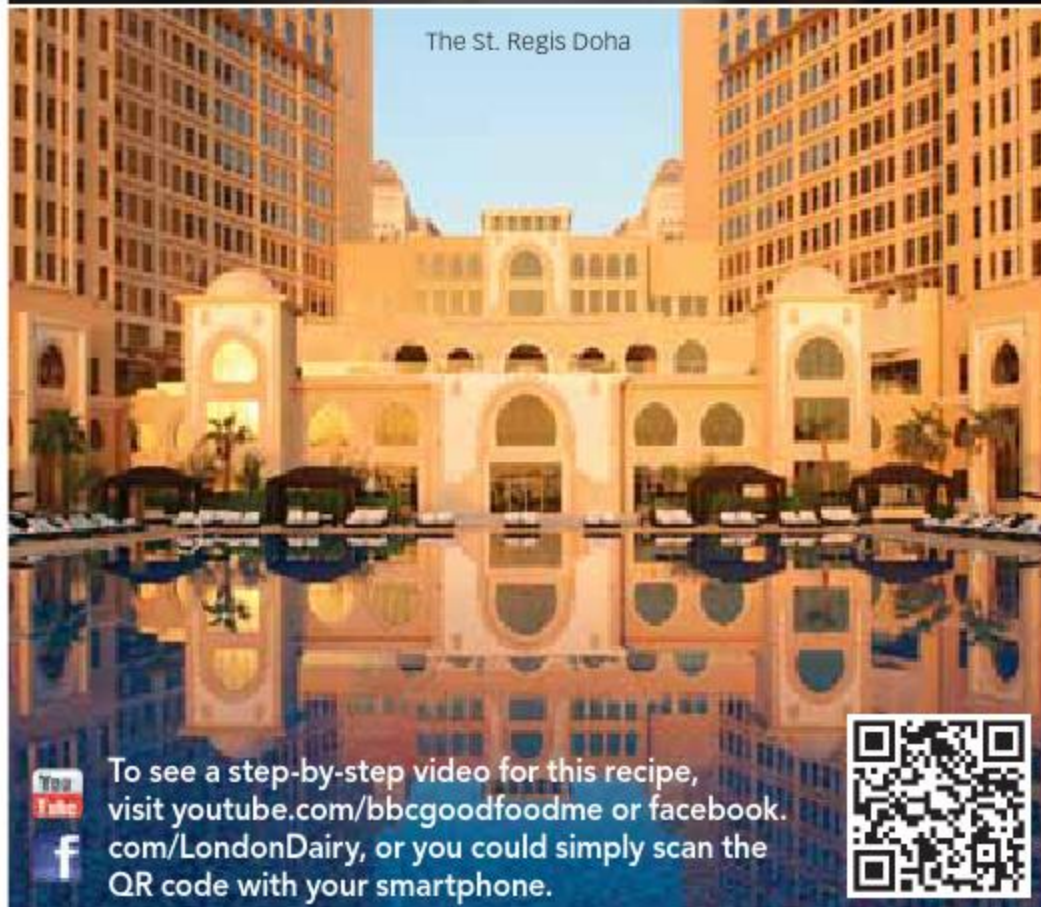
Two other ways to enjoy London Dairy's Pistachio ice cream:



Enjoy an Arabic-style Affogato, by pouring hot Arabic coffee on a scoop. Serve with a date.



Serve with manuka honey, raspberries and granola.



The St. Regis Doha



To see a step-by-step video for this recipe, visit youtube.com/bbcgoodfoodme or facebook.com/LondonDairy, or you could simply scan the QR code with your smartphone.



PISTACHIO ICE CREAM

An aromatic, pistachio flavoured ice cream, that's rich in taste and silky in texture.



Birthday bake-fest!

For our sixth birthday issue, we asked six of our favourite UAE bloggers to come up with a celebration cake recipe for us. Here are the mouthwatering results – which one are you going to try? Photographs ANAS CHERUR

Orange scented
olive oil cake with
orange cream
frosting, recipe p62



Try our
**cover
recipe!**

Text & styling NICOLA MONTEATH | Props from CRATE & BARREL, @HOME

Ginger cake with Turkish
delight icing, p62





REEM AYYASH,
Afoodaffair.me

🍋 In Palestine, olive oil is used in everything. Till today, my aunts send us pure olive oil from Palestine – it has the most unique fruity flavour. I was inspired by that to make this cake – the flavour is subtle because of the chocolate. 🍋

Orange scented olive oil cake with orange cream frosting

SERVES 8 • PREP 45 MINS • COOK 40-50 MINS **A little effort**

- 2 eggs
- 225g white sugar
- 115ml light olive oil (with not too strong a taste)
- 115ml fresh orange juice
- Zest of 2 oranges
- 210g all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- FOR THE MILK CHOCOLATE GANACHE**
- 150g milk chocolate
- 115g butter
- 200ml double cream
- FOR THE ORANGE CREAM FROSTING**
- ½ cup butter, softened
- 4½ cups confectioners' sugar (powder sugar)
- 1½ tsp vanilla extract

5-6 tbsp orange juice
½ tsp orange food coloring

- 1 Grease and line three 23cm round baking tins and preheat the oven to 180C.
- 2 In a large bowl, whisk eggs and sugar until pale yellow. Add olive oil, orange juice and orange zest and mix well. In a separate bowl, sift flour, baking powder, baking soda and salt. Add to the egg batter and stir until just mixed together – be careful not to over-mix. Pour into prepared pans and bake for 40 to 50 mins, until a skewer inserted into the centre of the cake comes out clean. Let the cakes rest for several minutes, then carefully remove from the pan. Allow it to cool slightly on a wire rack.
- 3 To make the filling, break the milk chocolate, cut the butter and drop them into a heatproof bowl placed over a pan of simmering water, stirring often to help them melt together. Once the butter and chocolate have melted and combined, remove the bowl from the

- heat and set aside. Pour the cream in a pan and place on a low heat, stirring occasionally until warmed through.
- 4 Remove cream from the heat and stir through the chocolate and butter. Leave the mixture to cool, stirring from time to time. After 10-15 mins, the filling should be thick and glossy. Put about a third on the first cake layer, and split the rest between the second and third cake, leaving about 80ml for the top layer. Spread the topping working from the centre outwards. Pile the layers on top of each other and refrigerate.
 - 5 To make the orange cream, in a large bowl, beat butter until creamy. Beat in the confectioners' sugar, vanilla and orange juice to achieve a consistency that is thick but easy to pipe. Add the food colouring, mix well. Fill a piping bag with the cream and frost the sides of the cake. Add the chocolate ganache on top and place back in fridge until ready to serve. Decorate with fresh orange slices before serving.



SALLY PROSSER,
mycustardpie.com

🍋 Aside from the many cakes my mum baked when we were growing up, she would sometimes treat us to a 'shop-bought' Jamaica ginger cake. Here's the nearest I can get to that childhood memory. I've paid tribute to life in the UAE with the Turkish delight icing. 🍋

Ginger cake with Turkish delight icing

SERVES 8 • PREP 20 MINS
• COOK 45 MINS-1 HR **A little effort**

- 225g self-raising flour
- 1 leveled tbsp ground ginger
- Pinch of fine sea salt
- 100g light, soft brown sugar
- 100g unsalted butter
- 100g molasses (or treacle)
- 155g golden syrup (can be swapped with date syrup)
- 20g of syrup from a jar of stem ginger
- 1 medium egg
- 150ml milk
- 1-2 knobs of stem ginger, chopped finely
- Fresh figs, sliced, for garnish
- Mint leaves, for garnish
- FOR THE ICING**
- 300g icing sugar, sieved
- 80g sour cream or crème fraîche
- 50g unsalted butter
- Tiny pinch of sea salt

1 tsp real vanilla extract (not essence or flavouring)
1 tbsp rosewater
A dab of light pink gel food colouring (optional)

- 1 Preheat your oven to 180C and arrange a baking tray on the third shelf from the bottom.
- 2 Grease a 900g loaf tin with butter and line with greaseproof baking paper.
- 3 Sieve the flour into a mixing bowl, followed by the ginger powder, then add the salt.
- 4 Put the sugar, butter, molasses, golden syrup and ginger syrup into a non-stick saucepan and warm over a very low heat until the butter has melted and the sugar is no longer granular (do not overheat). Stir with a wooden spoon to combine, scraping any sugar from the bottom of the pan. Remove from heat.
- 5 Measure the milk in a jug and break the egg into it. Beat together with a fork until combined.

- 6 Pour the sugar mixture from the pan into the mixing bowl filled with flour. Add the milk, egg mixture and the chopped stem ginger. Stir gently with a wooden spoon, then use a large hand whisk to get rid of any lumps (stirring rather than beating the mixture). Pour into the lined loaf tin.
- 7 Bake for 45 mins. Check if cooked by inserting a wooden toothpick or cake tester into the middle – if it comes out clean the cake is cooked. If not yet ready, put back in the oven for up to 15 more mins (put a piece of foil over the top if it is getting too dark at the edges). Leave in the tin for 10 mins then carefully turn out and place on a rack to cool.
- 8 To make the icing, place all the ingredients in a bowl and whisk together, with an electric whisk, until light and fluffy (about 2 mins; you could also beat vigorously by hand). Pour over the top of the cake and let it run down the sides. Decorate with figs and mint leaves before slicing. >>



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Mile high pancake cake

MAKES 1 LARGE LAYER CAKE

● PREP 10 MINS ● COOK 20 MINS **Easy**

500g plain white flour

2 tbsp baking powder

2 tbsp sugar

2 pinches of salt

4 large eggs, slightly beaten

600ml milk

60g butter, melted and cooled

Extra butter for frying

Raspberries and chopped pistachio nuts, for garnish

FOR THE GANACHE

120g milk chocolate

60ml double cream

2 tbsp milk

1 To make the ganache, melt the chocolate in a double boiler until smooth and runny. Take off the heat and add cream and milk. Stir till completely incorporated. Set aside.

2 Add the flour, baking powder, sugar, salt, eggs, milk and melted butter in a blender and mix until all the ingredients are incorporated. Transfer batter to a jug (you may need to add extra milk if the batter is sitting for a while as it may become slightly thick. Just add enough to get the same consistency as you started off with).

3 Add a small knob of butter on a frying pan and pour a small amount of batter. Fry on one side until bubbles start to form on the top side. Flip over and cook the reverse side for less than thirty seconds. Set aside to cool.

4 Assemble the cake when both the chocolate and pancakes have completely cooled. Arrange a layer of pancakes on a cake plate – in a small circle. Spread a thin layer of ganache on the pancakes and top with more pancakes. Keep repeating until all the pancakes are finished. Spread a thick layer of ganache on the top and decorate with berries and pistachio nuts.



SUKAINA RAJABALI,
sipsandspoonfuls.com

“Eating pancakes on a Saturday is a long-standing ritual in our family, especially since I had my daughter. When she was a baby, she would watch me and be mesmerised by the whirring of the blender as the ingredients mixed. Now, she is a baker too! Last year, she wanted to help bake my birthday cake and since she is such a pro at making pancakes, I thought a pancake cake would be appropriate – this is a version of that pancake cake.”

Two-layer lemon zest tea cake with lemon curd cream filling

SERVES 12 • PREP 30 MINS

• COOK 35 MINS **Easy**

250g unsalted butter, softened
 1 cup sugar
 6 eggs
 1 tsp vanilla
 2 lemons, zested finely and juiced
 375g self-raising flour
 A pinch of salt
 250ml thick cream
 2 tbsp lemon curd
 140g cup powdered icing sugar
 1 tbsp or less of boiling water

- 1 Preheat oven to 160C and line two 24cm tins with baking paper.
- 2 Mix the butter and sugar, then add the eggs and vanilla, whipping on a fast speed until dense and creamy.
- 3 Add 125ml of cream, zest of both lemons, salt and the flour, mixing on slow speed until well combined.
- 4 Place half of the mixture in each tin and bake for 35 mins or until a toothpick comes out clean. Cool on wire racks.
- 5 Whip up the remaining ½ cup of cream to soft peaks, then fold through the lemon curd. Refrigerate until cakes have cooled.
- 6 Spread cream over one cake and add the second cake on top.
- 7 Make a thin icing from the powdered icing sugar, the juice of one lemon and a pinch of salt, adding a little boiling water to achieve desired consistency. Drizzle over the cooled cake, dust with icing sugar and serve. >>>

My great Auntie Nancy used to make a lemon slice that was my favourite thing in the world when I was six years old. It's a simple thing made with crushed biscuits and condensed milk and a super-tart frosting, one of those dishes you could generally expect on any kitchen table in a suburban Australian house when you popped around for tea. This cake is my interpretation of the lemon slice, and a celebration of my own six-year-old's sudden love of lemon curd. It's a sweet and sour taste that fussy eaters have to mature into. 🍋



SARAH WALTON,
thehedonista.com



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JASMINE PEREIRA,
peartreediaris.com

• The flavours of the recipe are inspired from my childhood of growing up in the UAE, while the cardamom represents my heritage of being from Mangalore (in South India), as it is widely used in various traditional confectioneries during the festive seasons. The aromatic combination of saffron, rose petals and cardamom perfectly complements the smoothness of the cheesecake. •

Saffron and rose petal cheesecake

SERVES 6 - 8 • PREP 20 MINS • COOK 45 MINS **Easy**

460g cream cheese, at room temperature

200g sugar

4 large eggs

2 tsp vanilla extract (essence)

¼ tsp salt

¼ cup all-purpose flour

230g sour cream

1 tsp saffron strands

1 tsp dry rose petals, finely chopped (available at Chez Charles or Lulu Hypermarkets)

Fresh rose petals from 1 or 2 flowers

FOR THE CARDAMOM BISCUIT CRUST
250g cups of digestive biscuits crumbs

½ tsp cardamom powder

3 tbsp butter, melted

1 tsp dry rose petals, crushed

FOR THE ICING

200g whipping cream

100g sugar

1 To make the biscuit crust, line baking tin base with baking paper and grease sides of baking tin. Set aside.

2 In a bowl, mix melted butter with biscuit crumbs and cardamom powder. Press the

mix into the baking tin, cover the bottom and up about 1½ inch of the sides with crumbs. Refrigerate for 20 mins.

3 Beat cream cheese on low setting until light and fluffy. Add sugar gradually and continue beating until thoroughly mixed. Add eggs one at a time and continue mixing using a spatula.

4 In a separate bowl, pour the vanilla, salt and flour into cream cheese and egg mixture and beat until smooth. Add sour cream and beat well. Add saffron strands and rose petals. Mix well with a spoon.

5 Pour the cream cheese mix into the baking pan and place in the middle of

the top rack in a preheated oven at 160C for 45 mins.

6 Turn off heat and let the cheesecake stay inside the oven for another hr. The cheesecake is done when it jiggles slightly in the middle when shaken. If the centre shakes a lot, bake for another 15 mins. Refrigerate for 24 hrs to enrich the flavour.

7 To make the icing, beat whipping cream and sugar until firm. Spread over top of cheesecake and decorate with fresh rose petals for decoration. Remove petal decoration from cake before eating. >>



The ultimate coffee-
chocolate combination





GINA PISTONE,
pastryschooldiaries.
blogspot.com

🔵 *This Black Joe Cake is a homemade classic in Pennsylvania where I'm from. The taste of the added coffee in the cake is completely undetectable and is only used to enhance the chocolate flavour. However, when layered with the mocha frosting, the cake truly takes on a coffee punch that blends effortlessly with the deep chocolate flavours.* 🔵

Java Joe cake with mocha butter cream and dark chocolate ganache

SERVES 8-10 ● PREP 2 HRS 30 MINS ●

COOK 1 HR 40 MINS **More of a challenge** 🍷

365g all-purpose flour
100g cocoa powder
1 tbsp instant espresso powder
2 tsp baking soda
1 ½ tsp baking powder
1 ½ tsp salt

560g granulated sugar
3 large or 4 medium eggs,
room temperature
280g sour cream
180ml vegetable oil
240ml strong, brewed coffee,
room temperature
1 tbsp vanilla extract

FOR THE MOCHA BUTTER CREAM
345g butter, room temperature and
cut into small pieces
4 tbsp strong, brewed coffee, room
temperature
2½ tsp vanilla extract
150g cocoa powder
725g powdered sugar
3 tbsp instant espresso powder
4-5 tbsp whole milk (or more as
required)

FOR THE DARK CHOCOLATE GANACHE
230g dark chocolate, coarsely chopped
30g unsalted butter, cut into small
pieces
180ml whipping cream
1 tbsp Bailey's liqueur (optional)

1 To prepare the cake layers, grease three 9-inch round baking pans. Line the bottoms with parchment or greaseproof paper. Dust pans with flour and dust out excess. Set aside.

2 Preheat oven to 175C. In a large bowl, sift together the flour, cocoa powder, espresso powder, baking soda, baking powder and salt. Add sugar and whisk to combine. Set aside.

3 In a stand-up mixer bowl, combine the eggs, sour cream, oil, coffee and vanilla extract. Beat on medium speed to combine. Gradually add the dry ingredients in 4 additions, mixing and

scraping down the sides of the bowl after each addition. Do not over-mix.

4 Divide batter equally into the three pans. Bake for 35-40 mins or until a toothpick inserted into the middle of each cake comes out clean. Place pans on a wire rack to cool for 15 mins. Remove cakes from pans (discard parchment from bottom of cakes), and allow to fully cool on wire racks.

5 To prepare the frosting, mix butter, coffee and vanilla in a stand-up mixer until smooth.

6 Sift together the cocoa, espresso powder and powdered sugar. Whisk to combine. Gradually add dry ingredients to butter mixture, scraping down sides of the bowl after each addition. Once dry ingredients have been fully incorporated, mix in the milk by adding 1 tablespoon of milk at a time until desired consistency is reached – not too thick or runny.

7 To assemble, place one cake layer on a plate or cake stand. Measure 1¼ cups of frosting and place on top of the first cake layer. Using an offset spatula, evenly spread the frosting over the first layer. Place second layer on top and add an additional 1¼ cup frosting to the second layer, smoothing evenly with the spatula. Place third cake layer on top and cover the entire cake with a thin layer of frosting. Refrigerate until firm (this seals in the crumbs). Remove from fridge and evenly cover cake with remaining frosting. Refrigerate for about 1 hr.

8 To prepare the ganache, place chocolate in a heatproof bowl. Add heavy cream and butter to a small saucepan. Heat on medium and bring mixture to a gentle simmer, do not boil. Pour cream mixture over the chocolate. Let chocolate sit for 1 min before stirring. Stir mixture until smooth and no lumps remain. Add the Bailey's, if using, and stir to combine.

9 Pour ganache over the cake, starting in the centre (be sure to work fast as it sets quickly). Use an offset spatula to help gently push the ganache down the sides of the cake. Refrigerate for 20 mins before serving. 🍷

6th BIRTHDAY GIVEAWAY BONANZA

WIN!

A trip for two at
The Beach House
Iruveli, Maldives,
worth Dhs12,850



1 lucky winner can win a dream luxury vacation to the Maldives, inclusive of a three-night stay with breakfast and one dinner.

Nestled in the northernmost atoll of the Maldives, Haa Alifu, Beach House Iruveli is a charming getaway that offers the best in Maldivian hospitality, combined with Asian traditions. This secluded paradise, home to 83 villas and suites, eight restaurants and lounges, and the luxe De'Spa spa, is ideal for a romantic escape. Enjoy the incomparable beaches of the Maldives islands, pamper yourselves in the spa, and if in the mood for some more activity, head out to one of the two additional private islands that are part of the resort, for a spot of exploration. The lucky winner will enjoy a three-night stay for two in a Water villa or Beach villa, as well as breakfast and one dinner at The Cellar restaurant.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

How many restaurants does the Beach House Iruveli resort have?

*Terms & conditions apply. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.

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our website.



1 lucky winner can win a lavish Friday brunch for six people at A.O.C. French Brasserie.

There's nothing more indulgent than brunch on a Friday afternoon! One lucky winner can take five friends along to try out this French Brasserie's specialties at the buffet brunch. Whether it's foie gras, a wide variety of seafood, dishes from live cooking stations or a selection of delectable desserts and French cheeses, this will be a memorable weekend to share with friends. The restaurant also has a special kid's zone which features crafts and games to keep children busy while you dine.



WIN!
Friday French Brunch
for 6 at **Sofitel Dubai**
Jumeirah Beach,
worth over Dhs2,900

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

What is the name of the brunch at A.O.C. French Brasserie?

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6th BIRTHDAY GIVEAWAY BONANZA

3 winners can get their hands on the sleek new Umlk machine from Nespresso.

The all-new Umlk machine, launched by Nespresso as part of the U machine range, offers everything a coffee lover needs. The machine has an integrated fresh milk solution with the new Aeroccino3 milk frother, to make milky and frothy hot and cold drinks. With only 25 seconds needed to heat up, the Umlk lets you make coffee in minutes, and is perfect for the eco-conscious as the machine is made from over 50 per cent recycled material, and is also programmed to switch off automatically after nine minutes, if inactive. The Umlk also memorises your personal preferences, so you get the perfect cup of coffee each time. Available in two colours – Pure cream and Black – the sleek Umlk machine is priced at Dhs1,350 each, and is sure to be a designer addition to any kitchen counter.



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Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

After how many minutes does the Umlk machine shut off, when inactive?

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WIN!
Dinner dates for 6 months at Fairmont Hotels, worth over Dhs6,000



1 winner will get to dine out at six restaurants across Fairmont Hotels in Abu Dhabi and Dubai.

Fairmont Dubai, Fairmont The Palm and Fairmont Bab Al Bahr, Abu Dhabi, all have one thing in common – they offer exquisite gourmet cuisine to suit all tastebuds. One lucky winner and their dining partner can go on an epicurean journey and enjoy six months' worth of dinner dates at the following restaurants: Dinner at The Exchange Grill and Dupper at Spectrum on One in Fairmont Dubai; Friday brunch with cocktails, hops and wines at Frevo and dinner at Seagrill on 25° at Fairmont The Palm; Friday brunch with bubbly at Cuiscene/Frankie's Italian restaurant and bar, and dinner at Marco Pierre White Steakhouse and Grill at Fairmont Bab Al Bahr, Abu Dhabi.



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Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

Name any one restaurant at Fairmont The Palm?

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6th BIRTHDAY GIVEAWAY BONANZA

2 lucky winners can win a seven-day Juice Supplements package, worth Dhs1,650, each.

Essentially, the raw juice experts, offer 100 per cent natural, fresh, raw and organic juices delivered right to your doorstep. Two lucky winners can get a chance to try the seven-day Supplements package – a combination of Work Hard Play Hard and Exerciser packages – which can be consumed throughout the day, along with meals. The supplement drinks include delicious combinations of fruits and vegetables such as carrot, apple and ginger; and cashew, agave nectar, coconut butter and vanilla, to name just a few, and consist of four bottles per day. Packed with nutrients, the freshly pressed juices are suitable for all lifestyles. The winners also receive a portable cooler bag to keep juices cool while on the go.



WIN!
Juice diet supplements from Essentially, worth over Dhs3,000



Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

How many drinks are supplied per day in the Supplements package?

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WIN!
A weekend break for four at Hatta Fort Hotel, worth Dhs3,000



1 lucky winner can take three friends along for a one-night stay and enjoy complimentary breakfast, lunch and dinner.

Situated just an hour's drive away from Dubai in the Hajar Mountains, is the picturesque Hatta Fort Hotel. The luxurious property runs over 80 acres and has 50 deluxe chalet-style rooms and suites as well as two-bedroom villas that offer stunning views of the mountains and landscape. The lucky winner can plan a weekend getaway with friends, enjoying the cosy chalets, mountain views, swimming pools, rock garden pool and wellness room, as well as gourmet meals. The prize includes accommodation in two rooms, breakfast and lunch at Café Gazebo and dinner at Jeema restaurant.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

Which restaurant is the dinner in this prize package offered at?

*Terms & conditions apply. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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Known for celebrating the best foodie brands and experiences in the region, the fourth annual

BBC GOOD FOOD MIDDLE EAST AWARDS is here!
2nd round of voting opens October 15.

THE CATEGORIES

RESTAURANTS

FINE DINING

- * RESTAURANT OF THE YEAR - DUBAI*
- * RESTAURANT OF THE YEAR - ABU DHABI*
- * BEST NEW RESTAURANT - DUBAI* (OPENED ON OR AFTER JANUARY 2013)
- * BEST NEW RESTAURANT - ABU DHABI* (OPENED ON OR AFTER JANUARY 2013)
- * RESTAURANT OF THE YEAR - DOHA
- * CHEF OF THE YEAR*
- * BEST EUROPEAN RESTAURANT
- * BEST ASIAN RESTAURANT
- * BEST CONTEMPORARY BRITISH
- * BEST LATIN AMERICAN
- * BEST INDIAN
- * BEST MIDDLE EASTERN
- * BEST STEAKHOUSE
- * BEST BRUNCH
- * BEST ITALIAN
- * BEST SEAFOOD
- * BEST EXPERIENTIAL DINING VENUE (AN OUTLET THAT OFFERS A UNIQUE ENTERTAINMENT EXPERIENCE ALONG WITH GREAT FOOD)

CASUAL DINING

- * BEST INTERNATIONAL
- * BEST INDIAN
- * BEST ASIAN
- * BEST MIDDLE EASTERN
- * BEST CAFÉ

HOME COOKING

INGREDIENTS

- * FAVOURITE SUPERMARKET
- * FAVOURITE SPECIALITY FOOD STORE/MARKET
- * FAVOURITE BRAND FOR STORE CUPBOARD ITEMS
- * FAVOURITE DAIRY BRAND

- * FAVOURITE OLIVE OIL BRAND
- * FAVOURITE TEA BRAND
- * FAVOURITE COFFEE BRAND
- * FAVOURITE JUICE BRAND

ACCESSORIES

- * FAVOURITE LARGE KITCHEN APPLIANCE BRAND
- * FAVOURITE SMALL KITCHEN APPLIANCE BRAND
- * FAVOURITE TABLEWARE STORE

Creating new benchmarks in the industry, the vote-based awards recognise the top restaurants and food-related brands and stores. Log on to bbcgoodfoodme.com/awards/2013 to vote and say thank you to your favourite restaurants and food brands of the region.

NOMINATE AND WIN!

Everyone who votes will be in a draw to win an amazing luxury beach holiday package at Four Seasons Resort Mauritius, at Anahita. The prize includes 3-night stay for two in a 1-bedroom pool villa with breakfast and dinner, complimentary watersports and golf, and a special wine-pairing dinner.

**Terms and conditions apply | Subject to availability, blackout dates apply | Valid for 1 year*



HOW IT WORKS

In the nomination phase, which runs from August 15-September 30, we are calling consumers to nominate their favourites in each category online. After September 30, the top ten nominees in each category (with the highest votes) will be listed on our website. Between October 15 and November 15, consumers will then get to vote again for the winner, from that list. The winners will be revealed at our gala awards event in January 2014.

** Winners for Restaurant of the Year (Dubai & Abu Dhabi), Best New Restaurant (Dubai & Abu Dhabi) and Chef of the Year will be chosen by an independent judging panel.*

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HAS GREAT CULINARY TECHNIQUE?

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2013 Chef of the Year!



The only awards in town that recognises the talent behind the fantastic food, the BBC Good Food ME awards challenges chefs who are at the top of their game to prove their mettle in a mystery box cook-off between four finalists.

The winner will be chosen by an elite judging panel.

Log on to www.bbcgoodfoodme.com/awards/2013 to vote for your favourite chef.

Voting open from October 15-November 15.

* The nominated chefs need to be an Executive chef, Chef de Cuisine or heading up their own kitchens at their restaurant. The judging criteria will include innovation, technique, taste and presentation. Judges' decision is final.

GLASSHOUSE

Brasserie

Two for One Brunch

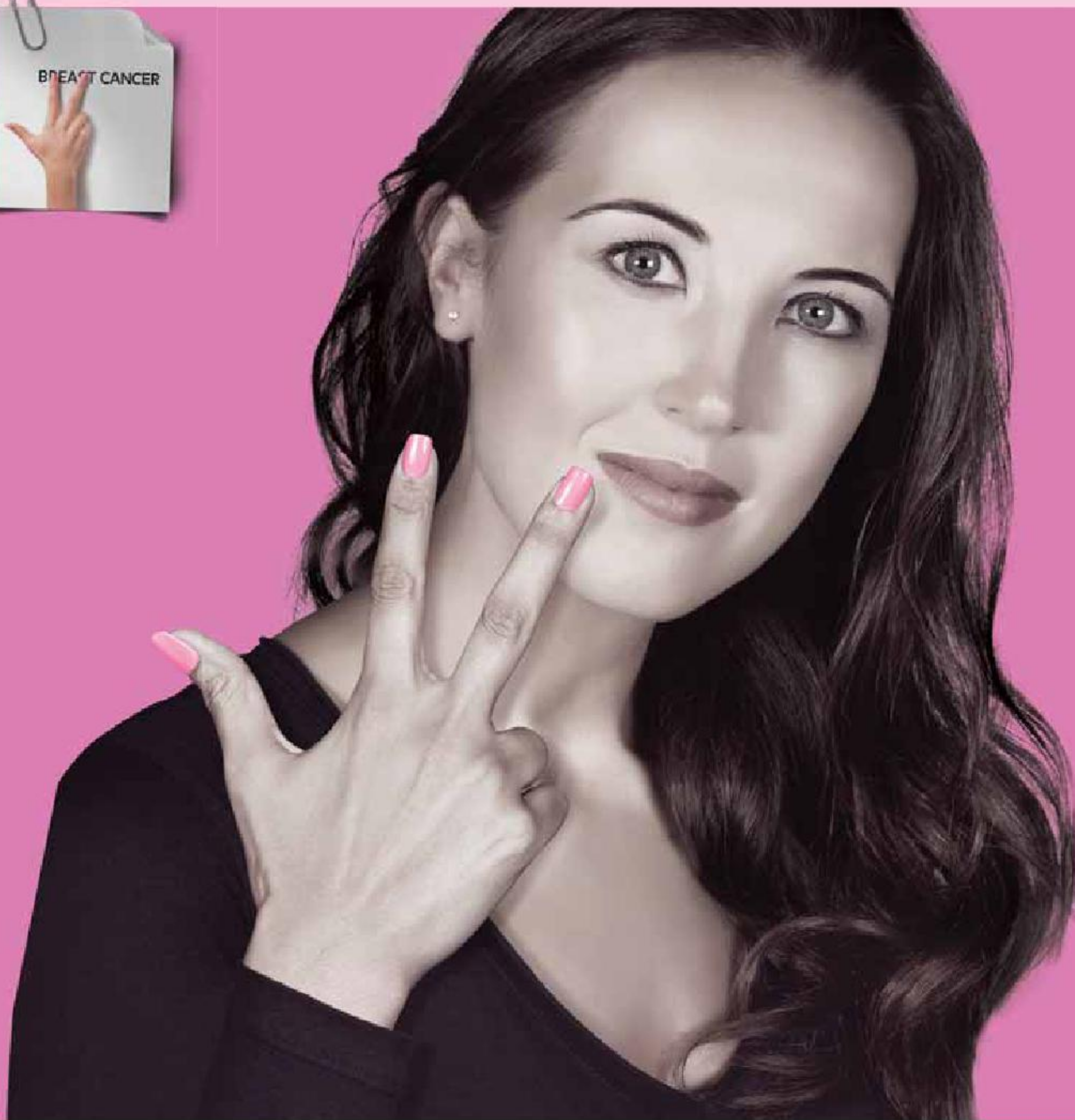
Experience Dubai's much loved weekly tradition and join our sumptuous brunch, inclusive of an all-you-can-eat buffet and an à la carte menu, including roasts, Yorkshire puddings, eggs and unlimited selection of beverages.

Present this ad at Glasshouse Brasserie and enjoy a 2 for 1 Brunch offer, valid until November, 1st.

Available for Thursday Evening Brunch, from 7^{pm} until 11^{pm} and for Friday Brunch, from 12:30^{pm} until 3:30^{pm}.

Regular price of 199^{AED} per person, inclusive of soft drinks and 295^{AED} per person, inclusive of selected house beverages.

Glasshouse Brasserie at Hilton Dubai Creek - Banyas Street, Deira
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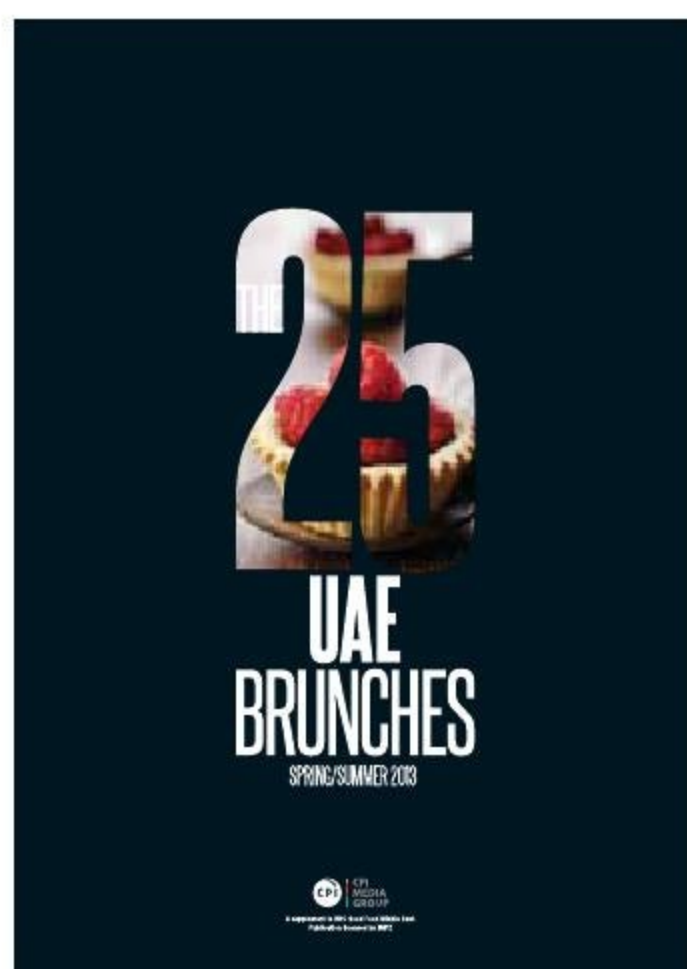


IN THIS SECTION

- * Molecular gastronomy demystified, **P81**
- * Which cooking oils should you be using? **P84**
- * Diet tweaks to boost your body's cancer-fighting abilities, **P86**
- * Uncovering Brazil's culinary heartland, **P92**

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With detailed information on each restaurant or resort profile, easy to navigate layouts, and user-friendly icons, so you know exactly what to expect, these exclusive books are your ultimate guides to dining out and weekend breaks.

PLUS:
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food and lifestyle
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• **Cavalli Caffè at Nautilus Restaurant, Yas Island Viceroy Hotel**

Diners can get a preview of the chic and luxurious Cavalli Caffè – which will be opening in Dubai soon – at their pop-up concept in Nautilus Restaurant, Yas Island Viceroy Hotel, during the Formula 1 week. Get ready to experience fast cars, exquisite fashion and gourmet delights, as Nautilus gets a Cavalli-style makeover – expect an à la carte menu of Italian specialties such as tuna tartare served with mustard and lemon dressing, black olives and crab meat, seabass in Mediterranean sauce, fresh seafood from live stations, desserts and premium Cavalli vodka and wine. To get the best views of the race track, check out the exclusive Cavalli Chef's Table.

November 1-3, à la carte prices. Call 800-2282554.



• **Cirque Le Soir at Rush, Yas Island Viceroy Hotel**

Cirque Le Soir will be taking over Yas Island's bustling nightclub Rush, which will play host to award-winning hip hop artists Akon and Nelly. A hedonistic all-day package includes a lavish fine dining brunch, accompanied by Cirque performances, and as the sun sets, it transforms into a stylish nightclub for after-parties.

Package prices start from Dh1,000. Email reservations@cirquelesoirdubai.com.

• **Grand Prix Brunch, Yas Marina Circuit**

As the race cars whizz around the track, catch all the action from the all-new Marina Suite at the Yas Marina circuit while enjoying gourmet dining. The buffet brunch features international flavours, views from the Marina grandstand of the F1 practice sessions, access to all entertainment areas, the F1 village and the Jay Z after-race concert.

Dh1,495 per person, available as a 1-day ticket on Friday, November 1. Call 800927 or 02-6599800.

OFF TO THE RACES!

With the most awaited sporting event of the year, the 2013 Formula 1 Abu Dhabi Grand Prix, just around the corner, Yas Island is all set to turn into a social hotspot. Book in at one of these hotels and restaurants, where you will find the best F1-themed culinary offerings, to make it an indulgent weekend.



• **Stars N Bars, Yas Marina**

The American-style sports bar and restaurant is the one to be in if you aren't heading to the circuit to watch the event. Multiple TV screens will showcase all the F1 action live, so you can sit back and savour Tex Mex food and drinks while catching all the track action as it happens. The bar and restaurant also has an outdoor area and shisha lounge terrace that overlook the marina.

À la carte prices, call 02-5650101.

• **Yas Viceroy hotel**

If you've got some serious cash to splash, then book in for The Ultimate Race Weekend package at this luxurious hotel and get pampered like the stars. The all-inclusive package includes arrival by a private helicopter to the presidential suite, unrivalled views of the races from the VIP seating on the Yas Viceroy Terrace, access to a private yacht, two hours of spa treatments, a selection of eateries to dine at, as well as oysters and caviar to indulge in-room. It also includes a VIP tour at Ferrari World or Yas Waterworld and VIP passes to the after-race concerts.

Dh329,000 for two people, call 02-6560000.

• **Jing Asia, Crowe Plaza Abu Dhabi Yas Island**

The Saturday Formula 1 brunch at this Asian and international cuisine restaurant is perfect for those who want to indulge in a gastro-fest before heading to the races. Feast on mezze, grills, braised lamb with spinach purée and mixed seafood thermidor for mains, and tarte tartin and lemon meringue tart for desserts. Premium beverages and champagne packages are available if you want to get the party started before the actual event.

From Dh260 per person on November 2, call 02-6563053. GF

WHILE YOU'RE THERE...

Ticket holders can head to the F1 Village and Oasis Areas, Yas Marina, to enjoy a plethora of free and paid family activities which include kid's bungee run, football and basketball freestyles, F1 stimulators and autograph signing. From October 31 to November 3, visit yasmarinacircuit.com.

Under the patronage of
H.H. Sheikh Ahmed bin Mohammed bin Rashid Al Maktoum,
Chairman of the National Olympic Committee (NOC).

THE FOURTH ANNUAL



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DUBAI WOMEN'S RUN

2013

5K/10K

8 November 2013,
Start: 7AM, Meydan Race Course



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www.dubaiwomensrun.com

The science of gastronomy



Molecular gastronomy is not all about dry ice and a bunch of tricks, says Ross Clarke, former creative development chef at Fat Duck experimental kitchen and protégé of Heston Blumenthal. By Nicola Monteath.

Ross Clarke is the kind of chef that likes to keep busy at all times. When we caught up with him on a recent trip to Dubai, he had his hands full with all sorts of quirky equipment, juice mixers, and a fishbowl of cold water and tea leaves he was attempting to make into a tea jelly!

Ross began his career right at the bottom of the ladder, as a fishmonger for Verveine Fishmarket Restaurant, where he later became a chef at the age of 21. He worked his way up to the top, having worked at Segreto, Madinat Jumeirah right here in Dubai for a brief period in between, and at a one-Michelin star seafood restaurant, Jetty in Christchurch, UK. Although he's only been a chef for just six years, he's come a long way, and counts working with eminent celebrity chef Heston Blumenthal from The Fat Duck, whom he worked closely with as a creative development chef for over a year until recently, as one of the most important feathers in his cap.

Ross now heads up his own consulting company where he spends most of his time in the lab, developing recipes, or conducting home demonstrations in London and Dubai, where he teaches home chefs how to use professional equipment and techniques such as sous-vides, dehydrators and matching food molecules. "Most people don't know that molecules in certain foods match and as a result pair well together. Carrots and thyme are a great combination, for example, so is white chocolate and caviar," he says.

Even though Ross' field of work does fall under what has come to be known widely as molecular gastronomy, the chef tells us that the term isn't something he is particularly fond of. "It's just cooking. The only difference is that nowadays we know more than we used to. I like to refer to molecular gastronomy as modern-day cooking. If you can't cook basic food, you can't do modern. It's as simple as that," he says. Here we find out how he defines his particular line of work.

You have most recently worked with Heston Blumenthal, the pioneer of molecular gastronomy. What was the experience like and what made you leave?

It was great and I learned a lot! Three weeks after joining the restaurant, I was put onto trial and got a >>

job from that. In that time, I helped devise dishes for Heston's TV shows and conducted lab experiments and external development with big companies such as McVitie's and Waitrose, where we developed the product for brands. I left The Fat Duck to start my own venture as I felt it was the time to do so. Working with Heston was amazing! He's one of the nicest people I've ever met, and has one of the best palates and creative minds. I worked for a year and a half with him, but the exposure I got within that span of time is great.

How would you describe your cooking style?

I like taking classics and reinventing them. It's fun to play around with food and even though I love classical cuisine, I think people shouldn't just stick to it, but broaden their cooking style more. Food is all about the fifth taste – Umami.

When people think of molecular gastronomy they probably think dry ice! Would you agree that there's more to it than just that?

Definitely! A lot of times chefs use dry ice for the sake of it, but the key is knowing how to use it in food and cocktails. I think dry ice is best used with good

designing and creating new dishes or concepts. The whole process is a bunch of ideas where we work with new flavours and ingredients. It usually takes anywhere from six months to five years to create a dish. We do have chefs tasting at all times, but like to take our time when perfecting a dish.

Where does your inspiration stem from?

Everywhere! I recently went to Vietnam and came across smoked noodles. The minute I got back home, I went into the lab and tried to create smoked pasta. I find that mistakes are sometimes the best ways to come across a new certain flavour or innovative dish. I once burnt a batch of cucumbers and leeks and really liked the taste. I take ideas from everything I see, I embrace it and get creative. I think if you're self-driven and eager to learn, you make yourself better as well.

Do you think that certain aspects of molecular gastronomy can be translated into the home kitchen?

Yes, of course. I know a lot of people who have purchased dehydrators to make fruit leathers, and the sous vide to make stews and basically just eat

❧ Mistakes are sometimes the best ways to come across a certain flavour or innovative dish. ❧

smelling notes of alcohol. Sometimes chefs use it just to make food seem appealing on the table, but when you smell the dry ice, it has no aroma and sometimes even smells bad. Modern cooking is not about gimmickry, it's more about re-invention, playing with textures and making jellies and powders out of foods that you don't generally think of, for example. The concept is to challenge and tantalise the diner's mind. But nothing can replace the foundation of key skills, which every chef should have. Only then can you use all this equipment to achieve the results you want – you have to know what result you want in the first place, and that comes with the fundamental knowledge being good.

What are the latest trends in, as you describe it, modern gastronomy?

I think we'll be revisiting classical techniques, by using butter for sauces and possibly making jellies out of sweet corn purée and such. It's about making food taste like the classics, but look modern. Don't forget, people still love good, tasty food.

So, when chefs such as yourself go into the kitchen, what exactly do you do?

The lab is our kitchen. We spend hours there,

healthy and keep the ingredient's nutrition intact. I personally like working with the Thermomix, a super-fast food blender and processor, as you can use it to blend baby food and make jellies. I also like the Pacojet, a vertical food processor that needs minimal food preparation to make peels, 100 per cent natural sorbets and stretchy textured ice cream, among other things.

What's next on the horizon for Ross Clarke?

I'll be visiting Dubai in November again to do a few demonstrations and cooking classes. I'll also be available for training sessions at home. ☞

GADGET GEEK

A look at some of the typical equipment you'll find in a molecular gastronomy kitchen:

- **Microfibre net:** A net that catches all sediments, however small, to make things like clear consommés more easily.
- **Anti-griddle:** A cold surface with -40C temperatures to make instant ice cream and edible snow.
- **Dehydrator:** As the name suggests, it exposes ingredients to low temperatures for a long time, completely removing moisture from it, changing its texture but retaining and strengthening flavour.
- **Sous vide:** A form of extreme slow cooking, vacuum sealed, on a precise low heat in a water bath, leading to guaranteed near-perfect results. According to Ross, "everything in Fat Duck is cooked in a sous vide!"
- **Paco jet:** A revolutionary device that freezes ingredients, then processes it with high-speed blades, to produce smooth mousses, ice creams etc.. A good example of its use is to make ice creams with an unconventional ingredient such as meat.
- **Sonic Prep:** Something that looks like a sci-fi film prop, this homogenising machine emits ultrasonic sound waves to emulsify or infuse flavours; great for making infused oils or other liquids, and ageing wines fast.

TOP TIP

To give a sous vide quail or chicken crispy skin, simply run a blow-torch over it after it's cooked.



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OIL'S WELL!

Oil is something that is probably used every single day in our kitchens, but not all oils are created equal. Prachi Grover gets the lowdown on the most commonly used oils, so you can make an informed choice.

While oil is a fundamental to most cooking, whatever the cuisine, what many of us don't realise is that the type of oil used can make a big difference to not only the taste, but also to your waistline and your overall health. According to nutritional coach and health professional Kaya Peters (kayapeters.com), "The healthiest forms of oils are those containing high amounts of monounsaturated fatty acids, such as unrefined extra virgin olive oil. It is effective in lowering blood cholesterol levels, which can reduce the risk of developing heart disease and obesity. Oils with high monounsaturated fat content are also very useful for people suffering from type II diabetes, as they are effective in improving insulin actions leading to a better control of the blood glucose levels."

Being aware of the nutritional benefits of the different kinds of oils has never been more important, with growing concerns about obesity being on the rise globally, since oil is a form of fat. But good fats are a part of essential nutrition, and oils can provide that. The total fat intake for adults should be between 20 and 35 per cent of the whole daily caloric intake, while for children, it ranges from 25 to 35 per cent, depending on the age.

Other misconceptions regarding oils also abound. Kaya says, "Although oils like corn and canola are considered healthy oils, I recommend using them with caution. Corn oil contains high concentrations of omega 6 fatty acids, which may increase the risk for breast and prostate cancers. Canola oil is said to be healthy, but actually comes from rapeseed, a completely unpalatable seed rich in erucic acid, which is bitter and rather toxic. Whenever possible, stick to the natural forms of oil, like olive oil, and sesame oil, as opposed to the genetically engineered ones."

While natural is always better, different oils have different properties and work well with certain dishes and dietary requirements. Kaya says, "Olive oil is the best choice to use on a daily basis,

supplemented with coconut oil for cooking, and the other alternatives in limited amounts."

The trick is to choose the most suitable ones for different purposes, so we'd suggest stocking a variety in your pantry, so you can use the right one when you need it – whether it's frying, sautéing, drizzling over salads, or giving a dish an unusual twist of taste, to turn it into a gourmet preparation.

OLIVE OIL

Extracted by crushing and pressing of olives, there are two main grades of olive oil – extra virgin (considered the best and comes from the first pressing of the olives) and virgin (comes from the second pressing of the olives). There are also the pure and extra light versions, both of which undergo processing like filtering and refining.

Fat Content: 77% monounsaturated, 9% polyunsaturated, 14% saturated fats.

Smoke point: 190°C (374°F) for extra virgin, 215°C (419°F) for virgin, 225°C (437°F) for pure and 242°C (468°F) for extra light.

Taste: The intensity varies from light and delicate to strong, and the taste is slightly fruity with the olive flavour coming through in good varieties.

Health benefits: Olive oil is rich in monounsaturated fats and hence it provides protection against coronary heart disease. The high percentage of antioxidants containing polyphenols makes it an anti-inflammatory agent, making it easy on the stomach. It also helps in lowering the incidence of gallstone formation and colon cancer. Extra virgin olive oil is rich in

vitamin K, so it helps fight osteoporosis and Alzheimer's disease. Olive oil is one of those oils that can be safely used by anyone with no risk of allergy reactions.

In your kitchen: Ordinary olive oil is good for high temperature cooking, baking and deep frying because of its high smoking point. Extra virgin has a lower smoking point and hence is good only for flash frying, grilling and basting and is best used for dressing salads, dips, finishing off stews and soups, or simply served on its own with bread.

SUNFLOWER SEED OIL

One of the most widely used cooking oils, there are different types of sunflower oils such as high linoleic, high oleic and mid oleic, oleic acid indicating the content of monounsaturated omega-9 fatty acid, and linoleic acid, the omega-6 group of fatty acids.

Fat Content: 20% monounsaturated, 69% polyunsaturated, 11% saturated fats.

Smoke point: Varies from 160°C (320°F) for high oleic to 246°C (475°F) for linoleic.

Taste: Mild and neutral.

Health benefits: It is a good source of essential fatty acids which help in regulating cholesterol. Sunflower oil also contains Vitamin A, B, D and E and is considered a source of energy. Being rich in powerful antioxidants such as quinic acid, chlorogenic acid and caffeic acids, it protects against inflammation, and also contains chlorogenic acid which reduces blood glucose levels.

In your kitchen: A high smoking point makes

it good for frying and sautéing, making curries, and grilling.

CANOLA OIL

Extracted from heating and then crushing the seed of the low erucic and the low glucosinolates variety of the rape plant (other varieties of rape seed are unsuitable for consumption).

Fat content: 62% monounsaturated, 32% polyunsaturated, 6% saturated fats.
Smoke point: 204°C (399°F).

Taste: Neutral.

Health benefits: It has one of the lowest amounts of saturated fats making it good for heart-health. Canola oil has a beneficial omega-6 and omega-3 fatty acid profile, but should be used with caution as it is often genetically modified.

In your kitchen: A moderately high smoking point makes it good for frying, as well as baking. A good choice for fondues, stir-fries, salads and marinades, and also for making pastries.

CORN (MAIZE) OIL

Rich in polyunsaturated fats, corn oil is always sold refined and is less expensive than most other vegetable oils.

Fat Content: 25% monounsaturated, 62% polyunsaturated, 13% saturated fats
Smoke point: 236°C (457°F).

Taste: Neutral.

Health benefits: It is effective in lowering blood cholesterol levels since it contains high levels of polyunsaturated fats. Corn oil is a rich source of linoleic acid which is good for growth, good skin and hair quality. It is also an excellent source of tocopherols (antioxidants and vitamin E) but its high concentration of omega 6 fatty acids is said to increase the risk for prostate and ovarian cancers, so it must be used judiciously.

In your kitchen: The high smoking point makes it good for deep frying and since the oil is odourless and tasteless, it can be used for baking as well. You can also use it to make salad dressings, mayonnaise, and for grilled vegetables, chicken or fish.

COCONUT OIL

It is extracted from the kernels or meat of matured coconuts, and is a thick oil that can often be an acquired taste.

Fat Content: 6% monounsaturated, 2% polyunsaturated, 92% saturated fats.
Smoke point: 177°C (351°F).

Taste: Buttery and with a strong, distinctive scent.

Health Benefits: It is considered one of the healthiest oils and is very good for the digestive and immune system. Coconut oil is said to

TRY SOME OF THESE UNIQUE OILS FOR DELICIOUS RESULTS		
NAME OF OIL	TASTE	USE FOR
Avocado Oil	Buttery and nutty	Salad dressings or to sauté fish, chicken, sweet potatoes
Grapeseed Oil	Light and tart	Tastes great mixed with garlic and basil and drizzled on toasted bread
Hazelnut Oil	Sweet and nutty	Salad dressings and baking
Pumpkin seed Oil	Intensely nutty	Salad dressings or dips; is also delicious drizzled over vanilla ice cream
Rice Bran Oil	Tasteless	Stir-frying
Safflower Oil	Flavourless	Everyday cooking
Sesame Oil	Smoky	Refined sesame oil for frying and toasted sesame oil for stir fries and Asian sauces and dips
Walnut Oil	Bitter sweet	Vinaigrettes and dressings
Soya Bean Oil	Neutral	Frying and baking, good for making crackers and bread. Can also be used as a salad oil.

improve the ability of our body to absorb minerals, helps prevent kidney diseases, and when consumed in moderation, it can also help in weight loss because it promotes early satiety and increases 'good cholesterol' in the body.

In your kitchen: Its high smoking point makes it good for frying; it works extremely well with coastal curries and Southeast Asian cuisine.

GROUNDNUT (PEANUT) OIL

Allegedly less refined than other oils – in order to retain some of the peanut protein for taste and nutrition – it is available in refined, unrefined, cold pressed and roasted varieties.

Fat Content: 49% monounsaturated, 33% polyunsaturated, 18% saturated fats.
Smoke point: 231°C (448°F).

Taste: Sweet and slightly nutty.

Health benefits: Groundnut oil contains heart-friendly MUFA that help lower the levels of bad cholesterol in our body without lowering the levels of good cholesterol. Regular consumption of this oil helps in providing protection against heart disease, obesity and Type 2 diabetes. It also contains resveratrol, which is an antioxidant that has been shown to have protective effects against Alzheimer's disease, viral infections, degenerative nerve disease and some types of cancers. Peanut oil also contains a healthy dose of antioxidants like tocopherols, tocotrienols and sterols. But, because it is high in calories, this oil is best consumed in limited amounts.

In your kitchen: A high smoke point and a higher quantity of monounsaturated fats that gives it stability, make it a good choice for deep frying. Because of its strong peanut flavour and aroma, it is often used in Chinese and South-east Asian recipes, especially stir-fries, noodles and rice.

MUSTARD OIL

This oil can be extracted through two different processes – either simply pressing the seeds, or grinding them, mixing with water, and extracting the oil via distillation.

Fat Content: 60% monounsaturated, 21% polyunsaturated, 13% saturated fats.
Smoke point: 254°C (489°F).

Taste: Pungent.

Health Benefits: Mustard oil is said to reduce the risk of cardiovascular disease and cancer, stimulate digestion and is an excellent source of 'good' fats. It has a high Vitamin E content and protects the skin from the destructive effects of UV rays.


In your kitchen: The oil can be used for frying but should be used in combination with other oils to reduce the erucic acid content. Indian salads, pickles and curries taste great when made and/or finished with mustard oil.

PALM OIL

Derived from the pulp of the fruit of the oil palm, it is a highly saturated vegetable oil.

Fat Content: 38 % monounsaturated, 10% polyunsaturated, 52% saturated fats
Smoke point: 230°C (446°F)
Taste: Mildly savoury.

Health Benefits: It is a great source of tocotrienol (part of the Vitamin E family), Vitamin K, carotenoids and magnesium. But palm oil also has a high percentage of saturated fats that is not good for the heart and can increase the risk of obesity and type II diabetes.

In your kitchen: It is good for both deep frying and baking. Caribbean and South American recipes often require the use of this oil. 

Eat to beat cancer

Since October marks Breast Cancer Awareness month, Nicola Monteath speaks to nutritionists to find out the top foods to eat and avoid, to lower the risk of getting breast cancer.

The incidence of breast cancer is a growing health concern for women around the world. Nowhere more so than in the UAE, where it is one of the most common forms of cancer. Statistics have shown that over 30 per cent of women suffering from breast cancer in the UAE are in the third stage, which means that early detection is key. But even more important is protecting yourself against cancer, and what you eat can play an important role in this. According to Deepa Almeida, nutritionist at Cedars-Jebel Ali International Hospital, a survey conducted by World Health organisation in 2009 reported that there would be an increase in the incidence of breast cancer by 100 to 180 per cent over ten years, in the Eastern Mediterranean region (including UAE). Here, Deepa and Andrew Picken, founder and nutritionist of Bespoke-wellness, fitness and nutrition centre, tell us what to eat and what not to eat, to help in the battle against breast cancer.

EAT THESE

✓ **Mushrooms**

Just about any kind of mushroom is good for the immune system as they contain a phytochemical, conjugated lenoleic acid, which binds to the excess aromatase enzymes – an enzyme in the body required for the production of estrogen – to reduce the risk of contracting breast cancer. The combination of copper, zinc, selenium and other



phytochemicals in mushrooms help protect against breast cancer as well.

Recommended dose: Eat one cup servings of mushrooms, twice or thrice a week.

✓ **Turmeric**

This bright-yellow powder contains curcumin, a phenol compound, which neutralises the free radicals in the body and fights against cancer-causing cells.

Recommended dose: Add a pinch of turmeric daily when cooking curries and stir-fries, to add a distinct flavour and taste.



✓ **Grapes**

These antioxidant-packed fruits have polyphenol resveratrols, a compound which has anti-inflammatory and chemo-protective effects on cancer cells and assists in



general wellbeing. Make sure to eat the fresh, organic variety to reap the most benefits. Drinking wine does not count, as the alcohol content in wine decreases any chemo-protective effects on the cancerous cells.

Recommended dose: Eat servings of 17 small seedless grapes, twice or thrice a week.

✓ **Dairy products**

Milk and its by-products such as yoghurt can help reduce the risk of breast cancer in pre-menopausal women, as milk is rich in Vitamin D and moderates calcium metabolism, decreases the cell proliferation and induces programmed cell death. This means that if there is a defective cell in the regulatory system in our body, the Vitamin D destroys that particular cell. Low-fat dairy products are good sources of calcium and vitamins as they are low in sodium content and fat.

Recommended dose: Two to three servings daily.



✓ **Cranberries**

These sweet but tart berries are low in sugar and contain anthocyanins – a phytochemical, mainly a pigment which gives cranberries its colour – that cause cancer cells to self-destruct, before formation. Cranberries also contain phytochemicals such as proanthocyanidins and ursolic acid which act in the same manner as anthocyanins – by self-destructing cancer cells – and decreases the chances of new cell formation.

Recommended dose: Eat servings of one cup of cranberries, around two to three times a week.

✓ **Whole grains**

Rich in fibre, wholegrains such as dark seed-breads, oats, bulgur and couscous lower the risk of breast cancer and decrease the estrogen levels in the body due to the combination of nutrients. The cereals contains vitamin E, phenolic compounds, selenium and phytic acid, all of which are essential for the maintenance of cell health and the combination of all these minerals is effective in reducing the risk of breast cancer. And since most nutrients are concentrated just under the skin of the cereals, eating whole grain cereals is the most beneficial for health. High-fibre consumption has been shown to lower the levels of estrogen in the blood of pre-menopausal women.

Recommended dose: This changes according to a person's lifestyle, physical condition and activity. A woman of average height and weight should have 1 slice of bread, 1/3rd cup brown rice, spaghetti or couscous, and 1/4th cup of dry oats per serving, around eight times per week.

✓ **Garlic**

This strong-smelling and pungent flavoured bulb contains a compound called allium which protects against the growth of cancer cells. It also has selenium, a mineral which stimulates the production of glutathione (a natural antioxidant in the body). Eat it to give your immune system a boost, as it enhances a type of cell in the system called Natural killers, which kill cancer cells and viruses in the body.

Recommended dose: One or two cloves daily.

✓ **Broccoli**

This nutritious green vegetable may not be everyone's favourite but it is one of the richest sources of antioxidants and counts as a superfood. Broccoli lowers cholesterol, helps with Vitamin D deficiency, and contains sulforaphane and indoles which kill cancer stem cells and prevent new tumours from growing.

Recommended dose: Eat one cup serving, two to three times a week.

✓ **Salmon**

We all know the importance of eating foods rich in Omega-3 fatty acids, which this oily fish is rich in. Salmon is full of antioxidants which find and destroy free radicals, as they cause tumorous cells and damage the cellular structure in the body.

Recommended dose: Three portions a week.

✓ **Organic produce**

Conventionally grown fruits and vegetables have high amounts of pesticides. The residue left over from these pesticides, even after they are washed, can cause gene mutation, which has been linked to breast cancer. Some of the highly contaminated fruits and vegetables, otherwise known as the Dirty Dozen, include peaches, apples, celery, cherry tomatoes, cucumbers, strawberries, spinach, potatoes, nectarines, hot peppers, grapes and sweet bell peppers. If you do choose to buy non-organic fruits and veg, choose from the Clean Fifteen list, which are less vulnerable to pesticide contamination; these include onions, sweet corn, pineapples, avocado, asparagus, sweet peas, mangoes, eggplant, cantaloupe, kiwi, cabbage, watermelon, sweet potatoes, grapefruits and mushrooms.

AVOID THESE✗ **Alcohol**

Experimental and observational studies published by The journal of American Medical association show that estrogen levels increase when alcohol is consumed on a daily basis. These studies have also shown that alcohol hinders the mechanism of DNA repair. Alcohol tends to have a lot of sugar which spikes insulin levels that can cause growth of tumorous cells in the breast.

✗ **Excess red meat and processed meats**

These contain saturated fat content and heterocyclic amines (HCA) – a compound that promotes cells to mutate and cause cancer – which are formed during the processing of meat. HCAs are transported to mammary glands and a diet high in fat increases estrogen production in the body – this increases the susceptibility to breast cancer. Eat animal fat only in small quantities, as diets high in saturated fats increase estrogen levels which promote hormone-dependant cancers such as breast cancer.


✗ **Foods grilled at high temperatures**

Chicken, pork, salmon and steak can cause the formation of Heterocyclic amines (HCAs), a cancer-causing compound that promotes cells to mutate and form in them, when grilled on high heat. To prevent these cells from mutating, grill foods on low heat or opt to poach proteins like chicken and salmon instead. These proteins can be eaten on a daily basis just as long as it's cooked on low heat.

✗ **Sugar and refined foods**

Refined flour and sugar consist mainly of carbohydrates and are low in nutritional value and high in calories, and the consumption of refined cereals can contribute to deficiency of essential nutrients and even obesity. All of these become factors which could lead to breast cancer. A lot of refined products have E numbers – codes for chemical food additives – which, while approved by most health authorities, are still unnatural ingredients.

✗ **Hydrogenated fats**

Hydrogenation is a process which converts liquid fats into solid fats. For example, margarine has a bad reputation as the hydrogenated fats in it are a source of trans fatty-acids which act as free radicals in the body and damage the DNA of cells. Trans-fats increase LDL or bad cholesterol, which can increase the risk of breast cancer. 





MY KITCHEN

Stefan Gates

BBC presenter and food adventurer Stefan Gates opens his kitchen cupboards for Holly Brooke-Smith. Photographs GEOFF WILKINSON

Having worked in film and TV for 16 years, Stefan's first foray into the world of food was in 2004 with his BBC series 'Full on Food'. Since then he has presented the children's programme 'Gastronuts', as well as 'Cooking in the Danger Zone' and 'Incredible Edibles'. He lives in north London with his wife Georgia, a photographer, and their daughters, Daisy, aged 10, and Poppy, eight.

What kind of kitchen did you start with?

It was a classic, old, Hobbit-like, wooden kitchen. It was fine and friendly – a family kitchen – but really impractical. Everything was along one side, it was built-in and very old-fashioned. It had to go.

What did you want instead?

My work is about experimentation, so I needed a

big, steel, lab-like surface – there's a fair amount of blowing things up and using acid! I've even had a whole deer on the steel counter for butchering. Georgia is a food photographer and shoots a lot in here, so it had to be a big, open space.

We wanted to be able to eat in here, too. When you've got kids, you want to be able to see everything and have everyone in one room.

How do you share the space?

I do lots of the cooking, because I love it, and the kitchen is always covered in stuff. Georgia likes putting flowers and fruit bowls on the table, while I think: 'What are they doing there? You can't eat flowers!' When we have dinners, Georgia covers the table in candles, which is lovely, but I cover the table with food, so there's a constant battle over what's going to be laid out. The solution was to levitate the candles.

That sounds interesting!

Georgia found the glass bowls and I stapled them with fishing line to the ceiling. They're really sweet. You have to be able to light your space properly, which sounds pragmatic, but it's actually really nice for cooking in as well.

Georgia's lighting rules are that it's got to be warm – so it can't be blue light – and it's got to be controllable.

What do you cook with?

The oven is big and powerful. It's gas – I've never been very fond of induction, although I know that technology has completely changed recently. I just feel that it lacks a bit of poetry.

How about storage?

If you look closely at the wall of cupboards, there's a couple of really big ones, but then one or two that are

ROLF BENZ



MAKE FOOD FUN

- Make food fascinating – do experiments with kids and draw them into what they eat.
- Make 'Chameleon juice' by blitzing some purple cabbage with a dash of water, then strain it and add sugar to form a blue liquid. Add a dash of lemon at the last minute and your blue juice will turn a very surprising colour!
- Mealworms and insects are the food of the future. I expect they'll be re-branded as something like 'forest meat' or 'green burgers'.
- If your kids won't eat veg, you should still put them on the table at every meal. One day they'll be eaten.

really shallow (the width of a wine glass), which is where we've disguised the chimney breast behind.

To begin with, we thought they would be too small but then we realised that they're brilliant – we can put all our spices and glasses in them and nothing gets lost at the back.


And the table?

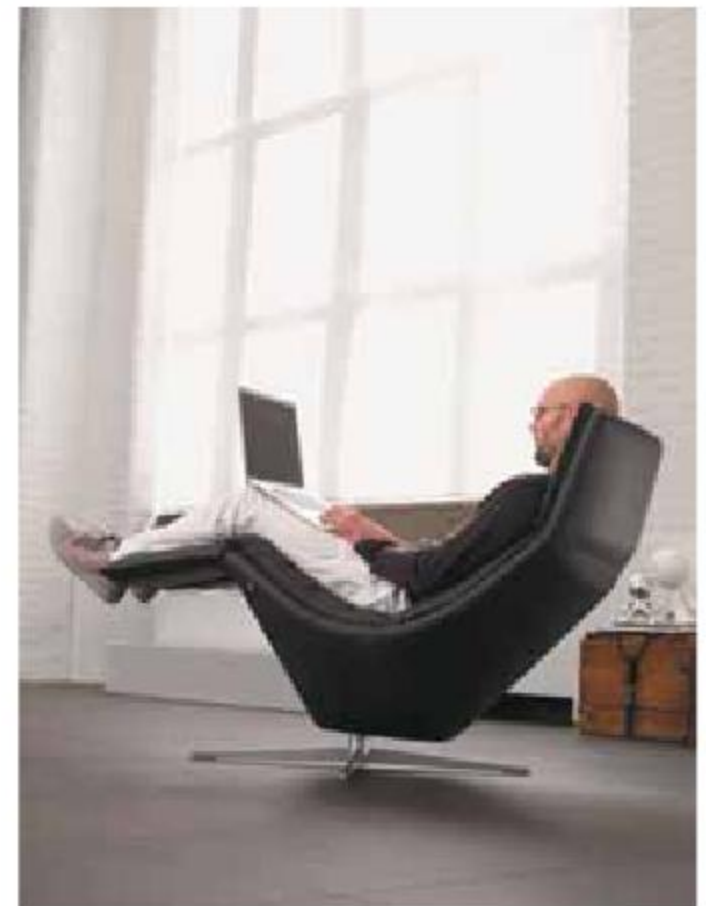
We wanted something really big to fit as many people round as possible. We eat with the kids whenever we can and there'll always be some kind of feast at the weekend.

When we're eating, I like the focus to be the food itself – so I will put the joint of meat on the table, and everyone gets to grips with what we're

eating. I don't like plating up. I prefer the mayhem of everyone passing things around and taking what they want. I also do a lot of things where people assemble their own food – Vietnamese spring rolls or make-your-own sushi. It creates an instant party.

What would you change about your kitchen?

The fridge. We wanted it to fit in with the line of the kitchen and so we got a non-standard size – and I hate it with every cell of my body. It may look quite big, but all the shelves are fixed so you can't adjust them, which is hopeless if I need to put something big in there. 



GET THE LOOK

Fish tweezers open up a whole world of sushi. Global Fish Bone Tweezers, Dhs140 at Tavola.



Add a retro touch to the walls with this timeless Station wall clock 45cm. Dhs379 at Homes R Us.



This all-black matte finish Hiratsubo teapot doubles up as stylish tableware for casual entertaining, as is Stefan's style. Dhs1,495 at The One.

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GOURMET JOURNEYS

The next time you're travelling to Europe, book yourself on a Swiss International Airlines flight to sample the regional specialties from different parts of the country that renowned chefs are cooking up for in-flight meals on premium cabins as part of their Taste of Switzerland campaign. Starting this month, the Neuchâtel region in the northwest will be showcased in the menu from the luxe Beau-Rivage hotel, which includes dishes like sea bass tartare with beetroot gelée and chutney, venison medallion with cranberry jus, and white chocolate mousse with pear compote. Accompanied by award-winning wines, this makes us want to book a ticket just to sample the food! Swiss.com.

30%

The number of travellers who choose destinations based on food and drink-related activities, according to a US study conducted by the World Food Travel Association.

TASTE OF THE world

All the foodie news from around the globe.



Kiwi cuisine

New Zealand's mystic landscapes might have been made famous by the Lord of the Rings movies, but there's much more to this scenic country than Hobbit-sized fun! For a country getaway unlike any other, look no further than Wharekauhau, a luxury country estate just two hours from Wellington. A riverside hideaway on a working farm, this Edwardian-style lodge offers private cottages spread across the estate, a range of activities from hikes and coastline tours to farm visits, and stunning views. But best of all, a holiday here involves fine contemporary cuisine tailored to your tastes – crafted using local, seasonal produce, including New Zealand classics such as lamb, crayfish and beef, the bespoke meals can be enjoyed anywhere on the estate, whether you're in the mood for a picnic lunch or private barbecue. Room rates start from NZ\$650 (around Dhs1,980) per person per night, including all meals, book a personalised trip through exclusivetravelgroup.com.

New from Ramsay

Union Street Café is the latest addition to London's restaurant scene, a Gordon Ramsay restaurant helmed by chef Davide Degiovanni. Located in a converted warehouse in SE1, the restaurant serves up Mediterranean-style cuisine using produce from specialty artisanal producers and local markets. www.gordonramsay.com/union-street-cafe.



EID IN TURKEY

Looking for a short break over the Eid holidays? Look no further than the Rixos Taksim Istanbul, which is offering some steal deals over this period. Book in at this centrally located hotel and enjoy a three-night stay, discounts on restaurant and spa bookings, and a guided tour of Sultanahmet old town, for just €309 (around Dhs1,500)! www.rixos.com.

Frightful lot of fun!

If you're looking to go all-out this Halloween, why not make a weekend of it at the luxe Sofitel Bahrain Zallaq Thalassa Sea and Spa resort, where international DJs will be hosting a beach party to remember, on October 31? Indulge in over 25 German brews and fresh barbecue food, while dancing the night away. From BD150 (around Dhs1,450) for room package with party entrance and breakfast. Visit sofitel.com or call +973-17636363.

A bite of • 1 Brazil

Sudeshna Ghosh travels to Minas Gerais, Brazil's culinary heartland, to discover what lies beyond the vast country's beautiful beaches and *that* Rio statue.

My first taste of the famous Brazilian cheese bread in Brazil (Pao de queijo – but pronounced in a way that sounds like pon-de-kayzho) was at Sao Paulo airport. But that chewy, fast-food version really didn't do justice to the delicious, melt-in-the-mouth flaky mouthful that Pao de queijo can be. In hindsight, I wish I'd curbed my eagerness to try it, and saved myself for the more gourmet version I got to try from the hands of award-winning Brazilian chef Ricardo Soares at Serra do Ibitipoca, a quaint inn in the Ibitipoca nature reserve, just one of the many well-kept tourism secrets of Minas Gerais – Brazil's fourth largest state and home to not only one of the few truly indigenous cuisines in Brazil, but also where Pao de queijo was born.

Brazil has, for far too long, become submerged in a fast food culture, dominated by packaged, processed foods. The food that Brazilians eat has seen so many influences over the centuries, that pizza and sushi is what many count as local cuisine. A Brazilian take on pizza, no doubt – sweet pizza with chocolate and bananas, for example – and similarly tweaked Japanese dishes, which are all delicious, don't get me wrong. But one has to scratch the surface a little to discover

the authentic, native cuisine. And there's no better place to start than Minas, as the locals simply refer to this populous state.

Minas Gerais, which literally translates into General Mines in Portuguese, was a wealthy gold and diamond mining state, and is one of the country's largest producers of milk and dairy products. With its rolling hills and valleys, green farmlands, and multitude of rivers and waterfalls, the land-locked state's topography isn't dissimilar to Europe – and is a far cry from the sun-kissed beaches or Amazonian forests one comes to expect from a visit to Brazil.

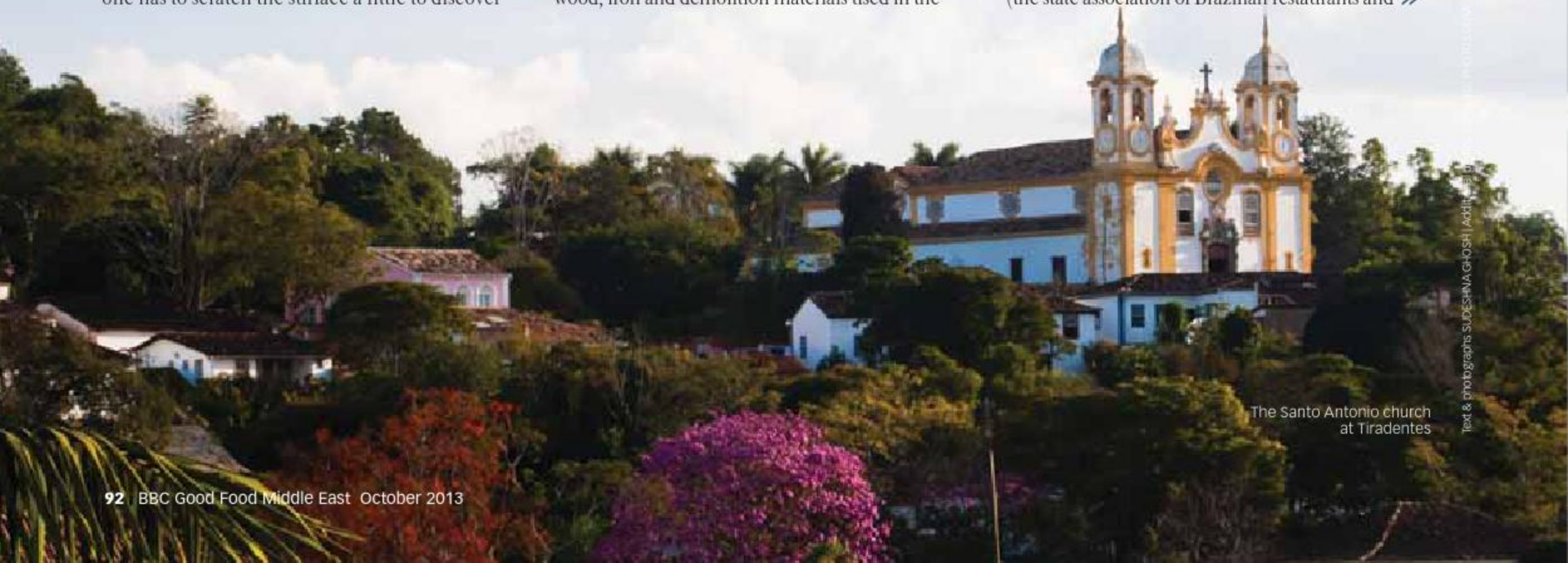
REGIONAL RICHES

Just two hours north of Rio de Janeiro is Juiz de Fora, an up and coming city with a distinctly European vibe, and one that is slowly carving out a name for itself as something of a gastronomic hub, playing host to the annual Brazil Sabor food festival, and with new restaurants pushing boundaries with their food. One such restaurant is Assunta Forneria – located on the outskirts of the city, the contemporary glass-walled three-level restaurant has been designed to effortlessly meld modernity with nature. The wood, iron and demolition materials used in the

construction – to reflect the region's mining heritage – blends in seamlessly with the massive tree the space has been built around. The cavernous, high-ceilinged space offers a sophisticated yet warm setting for sampling the chef's modern takes on traditional Mineira food – Jerked beef pastry with pumpkin cream; Minas cheese nuggets with guava ketchup; Almond-crusted trout with palm heart fettucine (that's not pasta cooked with palm hearts – but palm heart strips that look like fettucine, an inventive delicacy made famous by Alex Atala, Latin America's most lauded chef); and banana trifle with cinnamon ice cream, are just some of the menu's highlights.

Modern yet relaxed Juiz de Fora is an ideal base for exploring the rest of Minas Gerais, and offers an off-the-tourist-trail alternative to the urban sprawl of state capital Belo Horizonte. Just a few hours' drive from the city, past dusty little towns and sleepy villages, is the aforementioned Ibitipoca. A hideaway popular with people from all over Brazil as a weekend getaway, for its babbling brooks, highly mineralised tea-coloured waterfalls, caves, and elevated views across the surrounding landscape, it is the perfect spot for long nature walks and stunning sunsets. One of the several resorts dotted around the reserve is the Serra do Ibitipoca (serradoibitipoca.com.br), an eco-lodge spread over 15 hectares of green spaces. Accommodation in 20 chalets offer the ultimate privacy in cosy, rustic luxury. And the Via Veneto restaurant, with its own traditional Mineira wood-fired oven, offers both traditional cuisine as well as a selection of international dishes, focusing on locally sourced ingredients.

It was here that chef Ricardo and a couple of his friends cooked up a feast for me that I will not forget in a hurry. The restaurant was personally recommended by the Executive Director of Abrasel (the state association of Brazilian restaurants and >>



The Santo Antonio church at Tiradentes



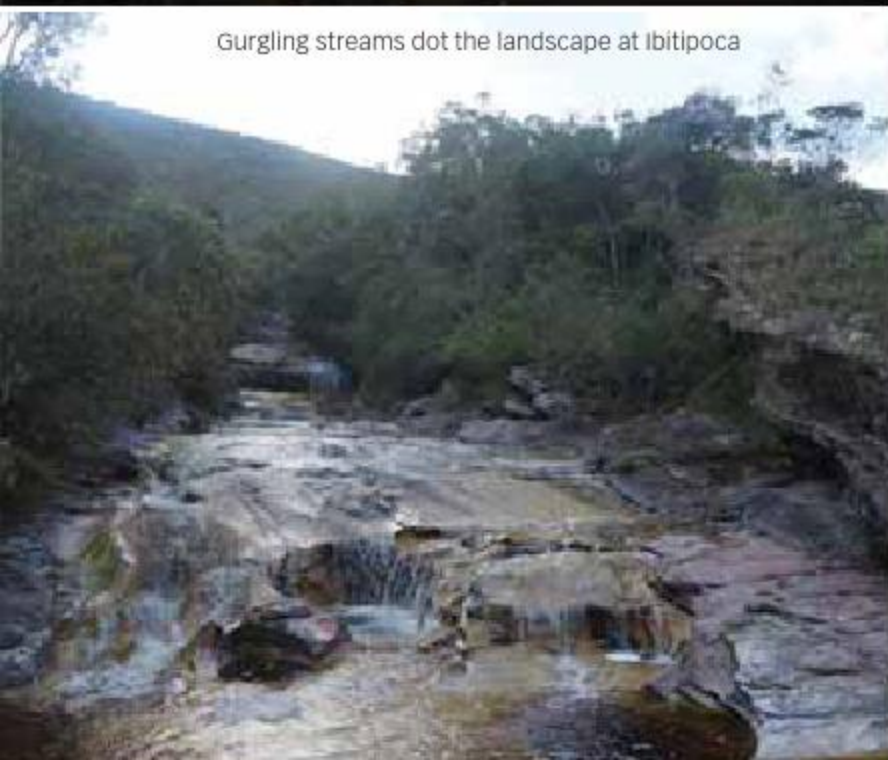
A traditional wood-fired Mineira oven, which is typically used for slow-cooked dishes



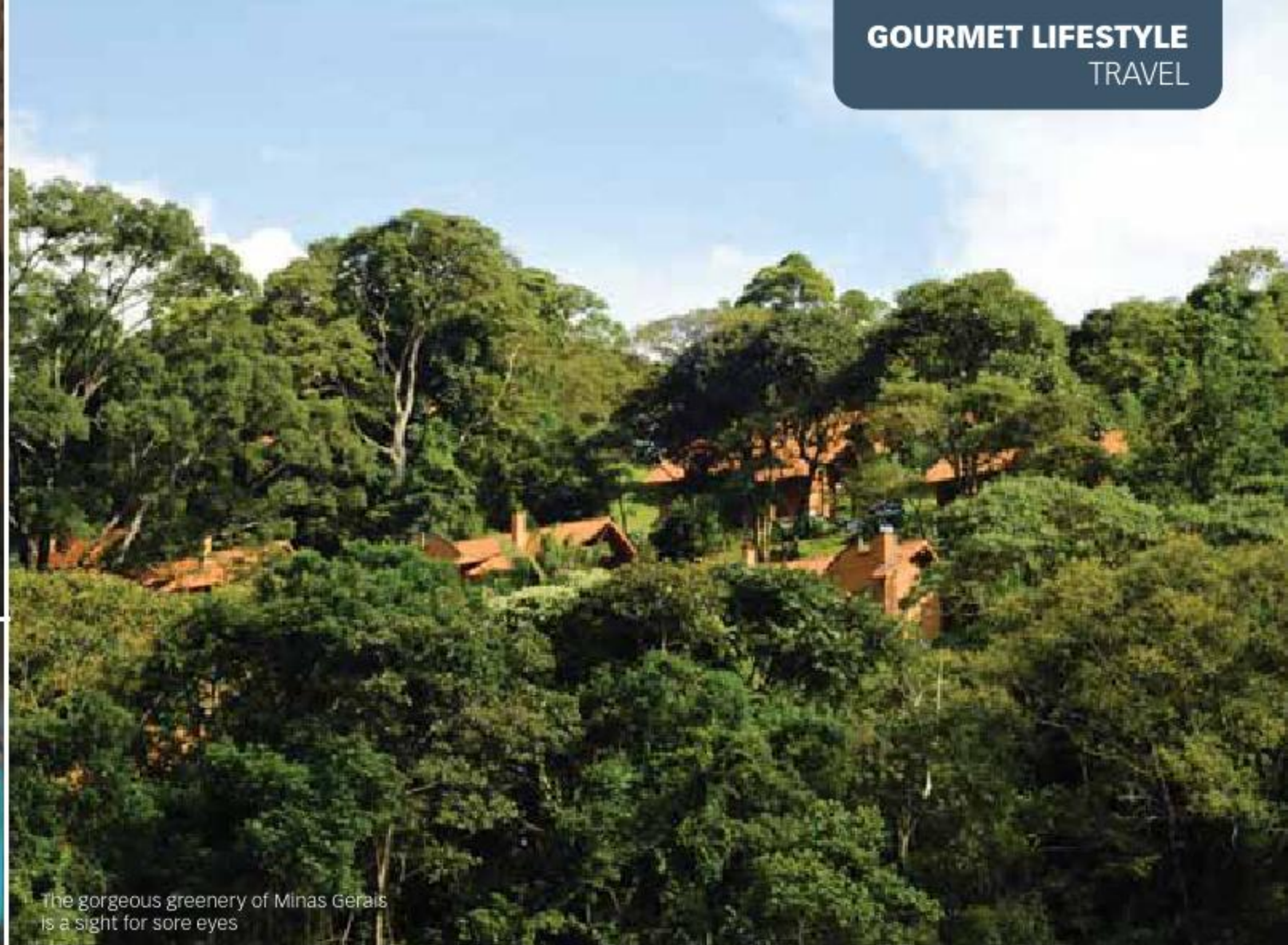
A dusty roadside pit stop en route to Ibitipoca



The Ibitipoca nature reserve offers scenic sunset views



Gurgling streams dot the landscape at Ibitipoca



The gorgeous greenery of Minas Gerais is a sight for sore eyes



Farmers peddling their wares is a common sight on the roads of Minas Gerais



Assunta Fomeira restaurant offers contemporary takes on Mineira food



Traditional Minas cheese, mild and delicious



Ricardo Soares is one of a new breed of chefs bringing native cuisine to the forefront



The rustic restaurant at Serra do Ibitipoca

bars), who accompanied me here, and as we dined on homemade Pao de Queijo, stuffed with herbs and jerked meat, I had my moment of epiphany on how delicately delicious these flavourful mouthfuls can be. Made of cassava flour, one of the staples in the Brazilian diet, the versatile snack can be made with any kind of cheese – Ricardo’s version was with Parmesan – and adapted with a variety of stuffings.

Cassava flour, locally known as manioca, is used widely, whether it’s in the bread, as a side toasted with herbs (farofa), or thrown into stews or purées – no meal is complete without it. It made an appearance in our meal again as part of the main course, this time as a farofa tossed with spinach, cheese and Brazil nuts, alongside a decadent pork steak marinated in cachaça (Brazilian sugarcane brandy). But not before we had an intermediate course of Escondinho de frango com quiabo, a delicious chicken and okra bake topped with polenta, another traditional Mineira dish. Dessert was a ‘trilogy of guava’, showcasing this humble fruit in unexpectedly glamorous avatars – guava ice cream, guava soufflé, and a millefeuille-style phyllo pastry sandwich of guava jam.

Clearly, this isn’t food for someone on a diet. Mineira cuisine is defined by big, robust flavours, an emphasis on slow cooking – with the traditional wood-fired ovens a fixture in many modern homes too – lots of meat and an abundance of cheese. Cheese definitely features high on the Brazilian culinary priority list, with over 50 varieties produced here, ranging from hard to soft and cream cheeses, including some that are indigenous to the country – the Coalho cheese, a specialty cheese on a skewer that can be grilled directly, without melting, to make for an indulgent snack, for example. Brazil also produces excellent varieties of popular cheeses like Edam, mozzarella, Parmesan and provolone, with most of it coming from the Minas Gerais region, where dairy farms abound in the large pastoral spaces; Chapeco in the south is another important cheese-producing region.

The most traditional cheese in the region is however, what is simply known as Minas cheese – a mild white cheese that is often eaten as dessert, accompanied by fruit jams or preserves. The taste of a fresh, home-cured slice of Minas cheese accompanied by a guava jam, that I had in home-style restaurant Virados do Largos in Tiradentes, is a taste that still lingers in my mouth.

A TASTE OF HISTORY

Tiradentes is a historic town which looks like somewhere that time decided to take a break back in the 18th century, and then decided to just stand still – complete with a vintage steam train that runs

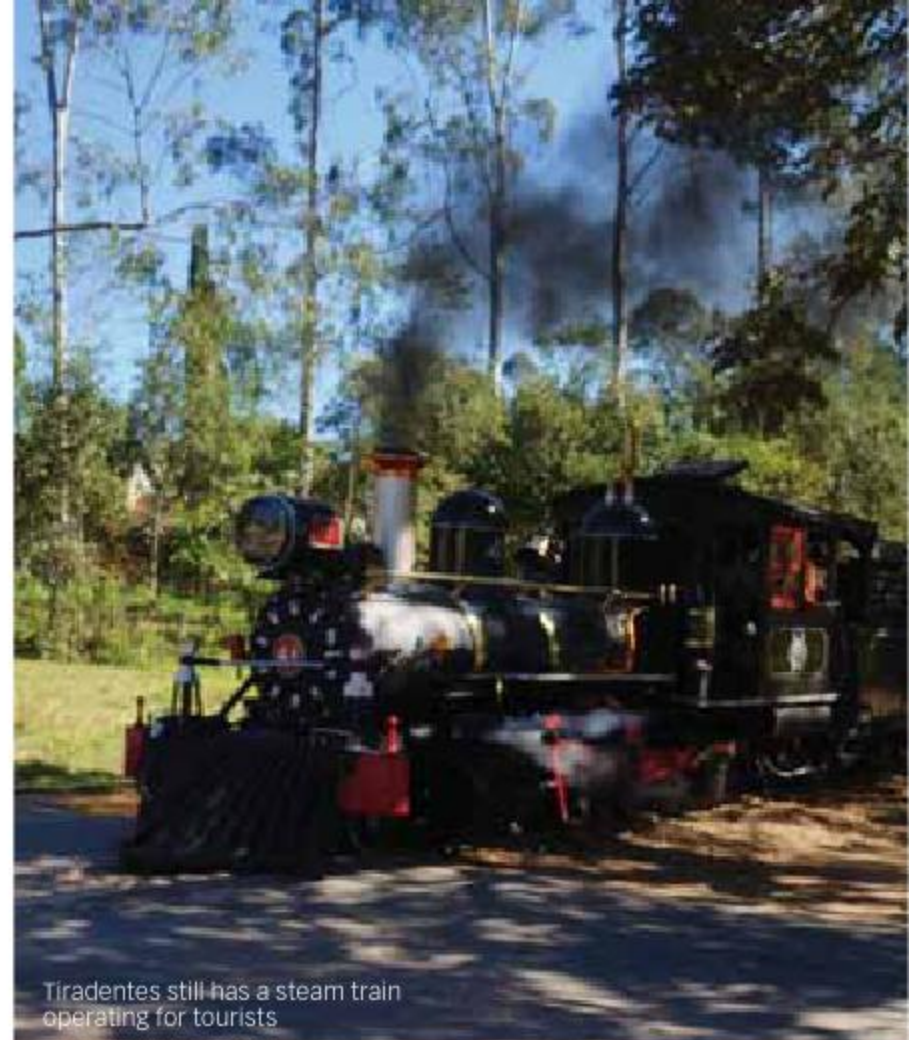
through it, transporting tourists between the picturesque town and nearby São João del Rei. In reality, the art nouveau façades of the two-street town’s buildings and churches have been carefully restored in the 1970s, which, combined with a genuinely friendly hospitality amongst the locals, and a laid-back vibe that cannot be manufactured, gives it an irresistibly romantic appeal.

Rapidly emerging as an important culinary hub of Brazil, Tiradentes has food festivals such as the Festival Cultura e Gastronomia, playing out here every year – when chefs and foodies from all over Brazil and overseas descend on this tiny village – and some seriously good restaurants specialising in both Comida Mineira (Mineira cuisine) as well as contemporary gastronomy.

Chef Yury Feliciano, who has a day job as a lawyer, also owns and cooks at his gourmet restaurant Archote Clube in Tiradentes, where you can expect innovative takes on steak. But my quest for country cooking took me to Virados do Largos, a charming restaurant tucked away in a quiet by-lane off the busier main streets of Tiradentes. Owned and run by the lovely Beth, a member and exponent of the Slow Food movement, the restaurant offers fresh, home-style food with most of its produce coming from its own backyard garden. It was here that I had my true taste of Mineiro food and hospitality, with Beth bringing out plate after plate of steaming, generous sharing-style food to our table on the verandah overlooking her herb garden – where she grows everything from lettuce, tomatoes and papaya, to local herbs such as orapronabis and couve, a type of kale.

It was a meat fest, if there ever was one, whether it was the more-ish linguica sausage sautéed with onions and orapronabis; the platter of succulent roast pork shoulder with crunchy crackling topped with fried eggs; the tutu (a traditional specialty in Mineira cuisine, beans mashed with roast pork loin); toasted farofa with beans and bacon; or the mouthwatering chicken with couve, all washed down with the tastiest caipirinhas I’ve ever tried, made with local cachaça. I didn’t want any dessert after this meal, but Beth insisted on feeding me her homemade Minas cheese ice cream – a creamier, more delicate ice cream was never made – as well as a slice of homemade Minas cheese.

The best way to work off this artery-clogging meal is with a wander around the cobblestoned streets of this pretty town, lined with art galleries and antique stores, where you will find photo-ops aplenty as well as souvenirs galore to take home – from jewellery and handmade linens to local sweets and of course, cheese. Don’t miss the walk up to the picturesque Baroque-style Santo Antonio



Tiradentes still has a steam train operating for tourists



The picturesque cobblestoned streets of this historic town



Meat and local herbs make up a typical meal in Comida Mineira

church – which has the second largest amount of gold foil in its interiors in all of Brazil – from where you can enjoy an incomparable vantage point for views of the green vistas that surround Tiradentes.

It is this landscape of abundance that probably makes Minas Gerais cuisine so unique and varied; as one of the chefs I was chatting to put it, “everything is grown here, so you can choose the best”. That, and the slightly slower, community-centric pace of life, that allows people to spend time creating food that is a labour of love. “Minas has a rich culinary heritage, and what we are doing is to maintain the tradition, create new things without losing the history,” Beth says (at least that’s what I think she said, based on her Portuguese being translated to me in broken English!). She, although cooking for 23 years, is just one of a new wave of chefs who are part of a culinary renaissance of sorts that seems to be taking place in Brazil. Chefs who are taking the regional cuisines and showcasing its traditional qualities, bringing back forgotten techniques, while reinventing the wheel at the same time.

Much as I love my churrasco as the next person – and yes, in Brazil, it is as ubiquitous as you’d expect, with not only numerous Rodizio restaurants dotting each town, but even highway truck stops serving up delicious versions of the picanha steak – it is this lesser known side to Brazil’s gastronomy that I think will be hitting headlines next.

TRAVEL DIARY

GETTING THERE Qatar Airways offers daily flights to Sao Paulo and onwards to Rio de Janeiro with convenient connections through Doha. Ticket prices start from Dhs7,950, Dhs24,600 on business class. Visit qatarairways.com.

STAYING THERE Most hotels in regional Brazil can often be faded and dated, so don’t expect ultra-luxury standards or international brand names, and be prepared for limited English speaking staff. Juiz de Fora has several local hotels for different budget ranges, the centrally located Ritz Plaza Hotel (no connection to the international chain) offers comfortable accommodation. Room rates from BRL140 (around Dhs280), visit www.ritzplazahotel.com.br. Room rates at Serra de Ibitipoca start from BRL340 (around Dhs530). Tiradentes, being a tourist town, has a range of accommodation options, but is also an easy day-trip from Juiz de Fora.

TRY THESE



Pao de queijo with beef stuffing

MAKES 20 • PREP 30 MINS • COOK 25 MINS

Chef Ricardo Soares shares his signature Minas cheese bread recipe

100ml milk
3g salt
100ml olive oil
100ml water
300g cassava flour
300g parmesan cheese
2 eggs

FOR THE STUFFING

50g onion
Butter, for cooking
250g jerk beef (can be swapped with cooked chicken, beef or ham)
100g cream cheese

- 1 Boil the milk with the salt, the water, and the olive oil.
- 2 Put the mixture while still hot over the cassava flour and mix until it becomes homogeneous. Wait for it to cool, then add the cheese and one egg at a time to make a soft dough.
- 3 To make the stuffing, chop the onions finely in a brunoise. Sauté in the butter, then add the cooked meat. Add the cream cheese and mix together.
- 4 Oil your hands and roll the dough into small balls. Fill with the stuffing and bake in a preheated oven at 200C for about 20 mins. Serve hot as a starter or side.



Pudim de leite (Condensed milk pudding)

SERVES 8 • PREP 5 MINS • COOK 55 MINS

395g full-cream condensed milk
320ml whole milk
3 eggs
150g sugar
500ml water

- 1 Liquefy the eggs in a blender. Add the full cream condensed milk and the whole milk and blend again.
 - 2 Using a water bath cooking technique, melt the sugar in the pan until browned, add water and let it thicken.
 - 3 Place the sugar syrup in a round pie or pudding pan and pour the milk batter on top. Bake in an oven at 180C for 45 mins with the pie pan in a larger pan filled with water. Let it cool before unmoulding. Serve drizzled with a fruit syrup of your choice, if you like.
- Tip: Use full cream condensed milk for this dessert, otherwise it will not have the right consistency.*

Frontier food



Chef Manoj Aswal interspersed the demo with helpful tips and tricks

The cuisine of the Indian north west frontier was showcased to *BBC Good Food ME* Food Club members by chef Manoj Aswal of Bukhara restaurant, Kempinski Ajman hotel, at our latest event.

A select group of Food Club members were lucky enough to enjoy an interactive masterclass with the talented chef Manoj Aswal, as he showed some of his recipes from the updated new menu at Bukhara restaurant, while sharing cooking tips and techniques. Guests not only enjoyed learning from and chatting with the chef in the intimate setting of the picturesque restaurant – the only one of the traditional Bukhara chain outside India – but also tasted samplers of each of the three dishes. One lucky winner walked away with a day pass to the beach and pool of Kempinski Hotel Ajman, plus dinner for two, while all attendees found a gift of the delicious papaya relish (see recipe on next page) in their goodie bags. To learn to make your own at home, as well as try the other recipes, read on.

BBC Good Food ME editor Sudeshna introduces the chef



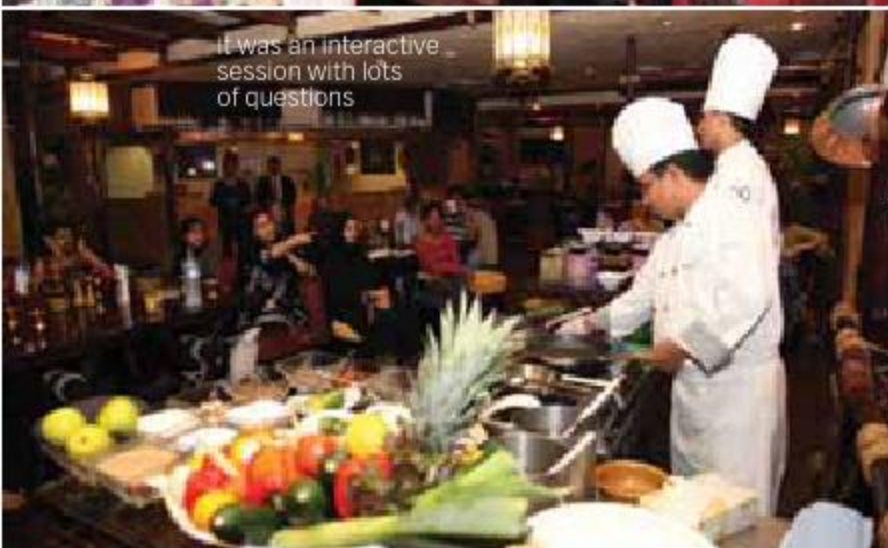
Atul in action!



The audience was wowed by the chef's knowhow and expertise



Artefacts such as copper pots give the restaurant an authentic rustic atmosphere



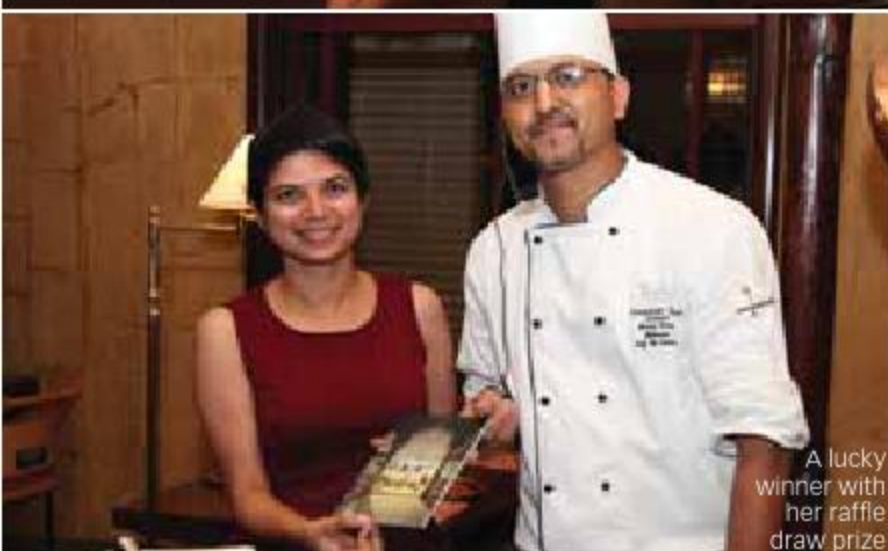
It was an interactive session with lots of questions



Everyone enjoyed tasting the dishes demonstrated by the chef



Delicious drinks accompanied the food sampling



A lucky winner with her raffle draw prize



An unexpectedly flavourful vegetarian starter, the soft and creamy texture of the kebab is perfectly offset by the sweet-tart chutney

Dahi ke kabab

SERVES 4 • PREP 30 MINS • COOK 5 MINS

600g hung yoghurt
25g ginger, chopped
5g mint, chopped
60g red onions, chopped
60g dry roasted lotus seed (makhana)
Salt, to taste
5g green chillies, chopped and deseeded
5g white pepper powder
100g ghee, for grilling

FOR THE ONION & GREEN MANGO CHUTNEY

60g sugar
50ml water
100g raw mango
25g brown onion, sliced
2g cumin seeds
5ml oil

- 1** Tie the yoghurt in a cheese or muslin cloth. Put in a mesh for the excess water (whey) to drip off, and drain for about 30 mins.
- 2** Dry roast the Makhana and grind it coarse in a blender. Add the ginger, mint, red onion and makhana to the yoghurt and let the mixture rest for 15-20 mins.
- 3** Divide the mixture into 8 parts of around 40g each and carefully shape them into round patties, using your palms.
- 4** Heat a griddle or a nonstick pan, pour a little ghee and cook the patties golden on both the sides.
- 5** To make the chutney, brown sliced red onion until golden. Set aside to cool. Make sugar syrup by boiling the water and sugar in a pan. Poach the green mangoes in sugar syrup until tender. Add the brown onion to the poaching liquid. Temper with oil and cumin seeds.
- 6** Serve the kebabs with chutney on the side. >>

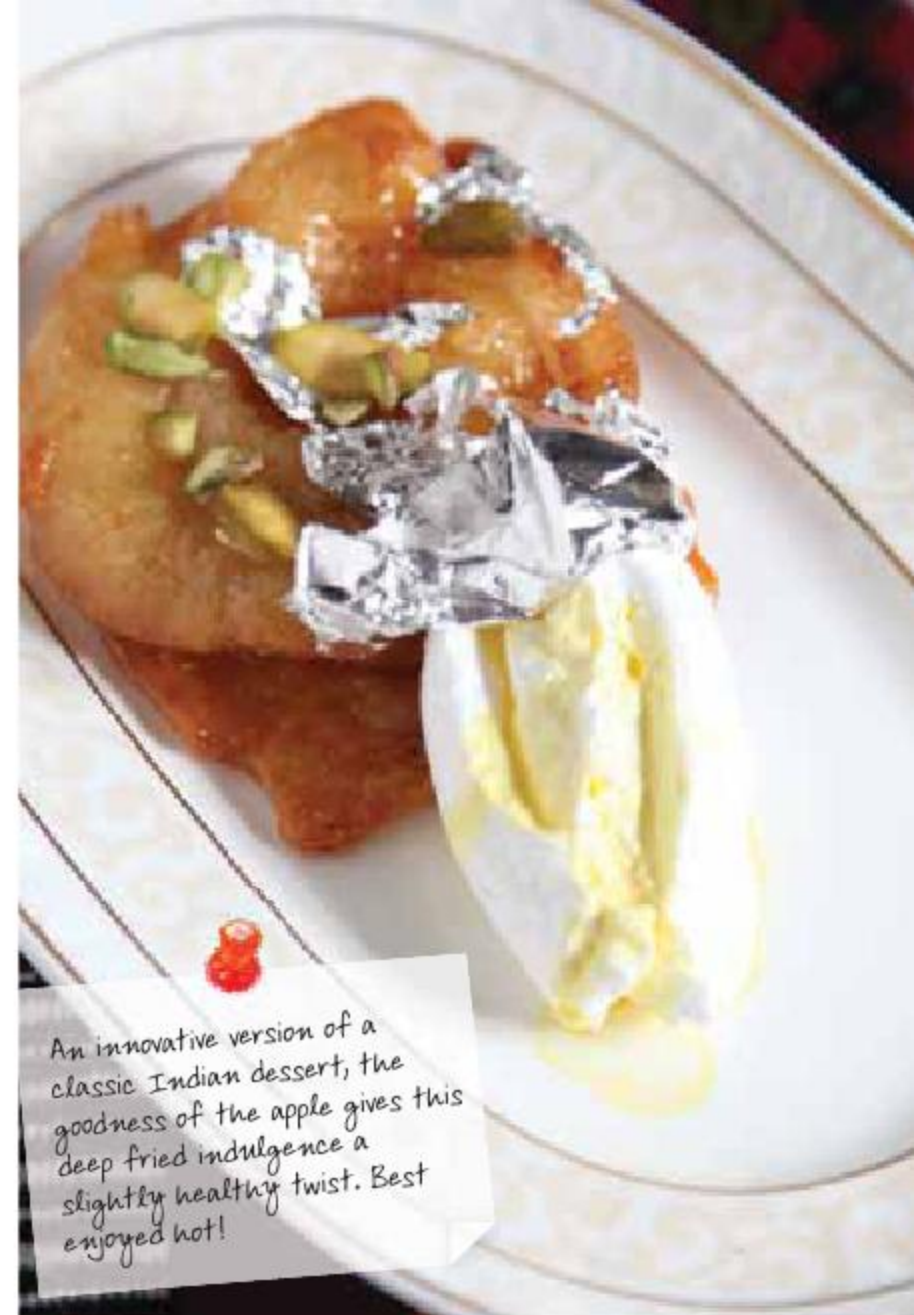


Chicken tikka with raw papaya relish

SERVES 4 • PREP 25 MINS • COOK 20 MINS

650g boneless chicken fillets (breast or thigh)
25g salt
25g red chilli powder
15ml malt vinegar
50g ginger garlic paste
5g shahi jeera (a fine, long type of cumin)
50g hung yoghurt
15g garam masala powder
15g coriander roots, chopped
15g green chillies, chopped
50ml oil, to baste
FOR THE PAPAYA RELISH
100g raw papaya
50ml water
60g sugar
3g nigella seeds
5g raisins
20ml white vinegar


- 1 Cut the boneless chicken into 1.5 inch cubes. Marinate with salt, red chilli powder, malt vinegar, shahi jeera and ginger garlic paste and leave for 30 mins. Squeeze out the moisture from the chicken pieces and transfer to a clean bowl.
- 2 Add hung yoghurt, chopped coriander roots, green chillies, garam masala powder and check the seasoning. Let it marinate for at least half an hour, and if making ahead, refrigerate after 30 mins.
- 3 Preheat your oven to 180C. Arrange the marinated chicken pieces either on skewers or on an oiled baking tray and cook, basting with oil when needed, for 15-20 mins or until done.
- 4 To make the papaya relish, peel the papaya and remove seeds, and slice. Boil water in a pan with the sugar, add nigella seeds with raisins. Add the papaya and boil. Once the liquid thickens, pour in the white vinegar. Cook till the papaya becomes tender and translucent, about 10-15 mins. Cool and serve with the chicken tikkas.



Saeb Ki Jalebi

SERVES 4 • PREP 25 MINS • COOK 10 MINS

300ml refined flour
10g corn flour
100ml water
2g fresh yeast
150g sugar
2 green apples
2g cinnamon powder
300ml oil, for frying
10g cardamom powder
Vanilla ice cream, to serve (optional)

- 1 Make a batter with the flour, corn flour, water and yeast. Set aside to ferment in a warm place for 30 mins.
- 2 Boil sugar with some water and make syrup and keep aside.
- 3 Peel the apple and core it. Slice and sprinkle cinnamon powder on it.
- 4 Heat oil in a pan, on medium heat. Dip the apple in the flour batter and deep fry until golden brown. Soak in sugar syrup and drain to remove excess syrup. Serve hot, with a scoop of vanilla ice cream, if you like. 

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One winner and a guest can dine at this Moroccan restaurant which serves delicious traditional cuisine and also has Moroccan musicians playing live tunes in the background. The perfect place to relish good food while relaxing.

WIN! MEAL FOR FOUR, WORTH DHS500 EACH, AT KANPAI, SOUK AL BAHAR.

Two lucky winners and their dining partners can head to this stylish new Japanese fusion restaurant, Kanpai, to try signature cocktails and savour contemporary fusion Japanese food, in the chic surroundings featuring handcrafted Samurai statues.



WIN! MEAL FOR TWO AT CHANNELS, MEDIA ROTANA, WORTH OVER DHS400.

Channels restaurant is where it's all happening on Saturday nights! Head there to try the Pacific Islands Channel promotion, where you can relish dishes from French Polynesia and Hawaii, and experience the island life and food.





To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.


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Indian interior designer **SAYANA RAHIMAN** lives in Khalidiya, Abu Dhabi, with her husband, in-laws, and cat Inji. The 24-year old founder of food blog My Mouth Is Full devotes most of her time to ensuring her recipes, irresistible photos of her latest creations, and reviews of restaurants in the UAE, will leave you with serious food envy. When she isn't baking treats like turtle brownie bites and halloumi garlic-stuffed whole wheat bread, Sayana has her head buried into a book, or hands full with a paintbrush and palette.

SOME DAY, WITH NASTIR...

Bengal's most famous dessert, Rasgullas. From experience, I have learnt that this isn't a recipe that yields successful results even if you follow every step meticulously. I'm still trying to improve my technique and hopefully will be able to perfect it in the near future.



FAVOURITE CUISINE

I can eat Italian all day, any day. I enjoy gnocchi, parmigiana and a classic wood-fired oven pizza. Then of course, there's panna cotta, zeppole, gelato, panettone – the list is endless! I love the flavour of garlic, a rich tomato sauce and balsamic vinegar.

Favourite restaurant

Eric Kayser in Abu Dhabi Mall is great for a meal anytime of the day. A relaxed ambience, ample menu choices and cheerful service, have us dining there a lot. Personally, I find their chocolate almond croissant the best in town.

Meet the blogger

Helping you connect to the UAE's foodie community, one blog post at a time.

*About the blog

Growing up, food has been an integral part of my life. Having left work after getting married, I started cooking and from there on, there was no looking back. Photography came naturally to me and my husband helped hone my technical skills. **Mymouthisfull.com** began two years ago and it was a creative outlet for my love of food, photography and chronicling all the recipes made in my kitchen. It's also a platform to satiate my baking weakness and sweet tooth, and gives a peek into my food-infatuated life, my family and how we celebrate every occasion with food.

My inspiration comes from...

Everything I eat, especially when I'm eating something for the first time. When I eat, identifying a new or distinct flavour comes naturally to my palate. I remember drinking a ginger-spiced sweet milk at an Iftar last year. Oddly enough, the flavours came back to me recently when I was thinking of an interesting taste for a pound cake batter. I marbled it with raspberry purée for sweetness and everyone loved it.

The sight of delicate strands of saffron delicately infusing a dish with its sunshine yellow tint is art to my eyes.

Guilty pleasure

Drinking bubble tea – I take my own sweet time finishing the tapioca pearls.

Fondest food memory

Knowing my love for chocolate, on our honeymoon, my husband found a quaint little place that claimed to sell Venice's best hot chocolate. Every evening, he would take me to the café and buy a cup of that divine chocolate. Richly smooth with an intense cocoa flavour and mildly sweetened, it was the perfect beverage for a cold winter night. Warming up to it and walking back to our hotel was a ritual I looked forward to every day.

Of late, I'm loving...

Warm waffles with fresh homemade berry compote, chocolate syrup and vanilla whipped cream.

Secret ingredient

I add a pinch of freshly ground cinnamon to all dishes. Its mild heat, with a touch of sweetness, enhances the flavour of sweet or savoury recipes. None of my baking recipes make it to the oven without it. I might omit vanilla, but I won't forget cinnamon!





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NO PAIN... NO PASTA!



Meet Zippy - our new ride

Round and round the narrow alleyways of Positano we went for a good three hours, not to mention hitting that pothole that sent us flying off our bike.



Don't think we've ever gone through so much pain for a plate of seafood pasta. Would we do it again? Absolutely!



Ouch!!!
A bumpy journey indeed.



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Positano is open daily from 6pm to midnight at the JW Marriott Marquis Dubai.

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